



June 2019 KOSHER HOT MEALS Meals on Wheels of Central Maryland

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| 3) Navy Bean Soup Salisbury Steaks Whipped Potatoes Green Beans Fresh Fruit Dinner Roll w/ Margarine Orange Juice | 4) Vegetable Soup Cilantro Chicken Herbed Orzo Broccoli Fresh Fruit Dinner Roll w/ Margarine Prune Juice | 5) Split Pea Soup Meatloaf w/ Gravy Mashed Potatoes Ginger snap Peas Fresh Fruit Dinner Roll w/ Margarine | 6) French Onion Soup Baked tilapia Seasoned Rice Dinner Roll w/ Margarine Orange Juice | 7) Matzo Ball Soup Grilled Honey Chicken Tzimmes Green Beans Fresh Fruit Potato Bread w/ Margarine Prune Juice |
| 10) Meals on Wheels Will be closed today For The Shavuot Holiday You will receive your Meals for this day June 3, 2019 | 11) Vegetable Soup Baked Chicken Baked Sweet Potato Sliced Carrots Fresh Fruit Whole-Grain w/ Margarine Cranberry Juice | 12) Navy Bean Soup Roast Beef w/ Gravy Mashed Potato Green Beans Fresh Fruit Dinner Roll w/ Margarine Apple Juice | 13) Meals on Wheels Will be closed today For The Volunteer Appreciation Brunch You will receive Your meal for this day June 6, 2019 | 14) Matzo Ball Soup Chicken Picatta Baked Potatoes Fresh Squash Blend Fresh Fruit Potato Bread w/ Margarine Prune Juice |
| 17) Five Bean Soup Stuffed Peppers Pasta / Marinara Sliced Carrots Fresh Fruit Potato Bread w/ Margarine Orange Juice | 18) Chicken Noodle Soup Sweet & Sour Beef Fluffy Rice Broccoli Fresh Fruit Dinner Roll w/ Margarine Prune Juice | 19) Beef Vegetable Soup Rosemary Chicken Sweet Potatoes Summer Squash Fresh Fruit Dinner Roll w/ Margarine Apple Juice | 20) Lentil Soup Cheese Lasagna Green Beans Fresh Fruit Dinner Roll w/ Margarine Orange Juice | 21) Matzo Ball Soup Roast Beef w/ Gravy Potato Latkes Sautéed Spinach Fresh Fruit Potato Bread w/ Margarine Prune Juice |
| 24) Beef Vegetable Soup Baked Salmon Wild Rice Fresh Fruit Potato Bread w/ Margarine Orange Juice | 25) Bean Soup Smothered Chicken Breast Mashed Red Potatoes Summer Squash Fresh Fruit Dinner Roll w/ Margarine Tomato Juice | 26) Chicken Noodle Soup Hot Dog w/ Roll Baked Beans Sauerkraut Fresh Fruit Prune Juice | 27) Vegetable Soup Stuffed Shells / Marinara Green Beans Baked Apples Dinner Roll w/ Margarine Orange Juice | 28) Matzo Ball Soup Baked Honey Chicken Potato Latkes Vegetable Blend Fresh Fruit Potato Bread w/ Margarine Apple Juice |
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June 2019 KOSHER COLD MEALS Meals on Wheels of Central Maryland

OVER →

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 3) Egg Salad Tossed Salad w/ Dressing Pears Rye Bread 1% Milk Apple Juice | 4) American Cheese Cole Slaw Tropical Fruit Salad Pumpnickel Bread Mustard 1% Milk Cranberry Juice | 5) Slice Turkey Marinated Vegetables Three Bean Salad Mandarin Oranges Wheat Bread Mayonnaise V-8 Juice | 6) Tuna Salad Pickled Beets Fruit Cup Multi-Grain Bread 1% Milk Cranberry Juice | 7) Gefilte Fish Carrot Raisin Salad Pasta Salad Sliced Peaches Dinner Roll 1% Milk Prune Juice |
| 10) Meals on Wheels Will be closed today For The Shavuot Holiday You will receive your Meals for this day June 3, 2019 | 11) Egg Salad Tossed Salad w/ Dressing Chilled Pineapple Wheat Bread 1% Milk V-8 Juice | 12) Sliced Turkey 3 Bean Salad Potato Salad Sliced Pears Potato Bread Mayonnaise Prune Juice | 13) Meals on Wheels Will be closed today For The Volunteer Appreciation Brunch You will receive Your meal for this day June 6, 2019 | 14) Creamed Herring Cole Slaw Rotini Pasta Salad Mandarin Oranges Dinner Roll 1% Milk V-8 Juice |
| 17) Munster Cheese Marinated Vegetable Salad Pears Wheat Bread 1% Milk Cranberry Juice | 18) Tuna Salad Tossed Salad w/ Dressing Chilled Apricots Whole Grain Bread 1% Milk Apple Juice | 19) Sliced Roast Beed Cole Slaw Mandarin Oranges Kaiser Ross V-8 Juice | 20) Egg Salad Tossed Salad w/ Dressing Applesauce Marble Rye Bread 1% Milk Cranberry Juice | 21) Pickled Herring Pickled Beets Mexican Bean Salad Dinner Roll 1% Milk Prune Juice |
| 24) Munster Cheese Marinated Vegetables Sliced Pears Wheat Bread 1% Milk Cranberry Juice | 25) Egg Salad Tossed Salad w/ Dressing Tropical Fruit Salad Whole Grain Bread 1% Milk Apple Juice | 26) Sliced Turkey Carrot Raisin salad Mandarin Oranges Kaiser Roll 1% Milk V-8 Juice | 27) Tuna Salad Tossed Salad w/ Dressing Chilled Pears Marble Rye Bread 1% Milk Cranberry Juice | 28) Whitefish Salad Pickled Beets Three Bean Salad Chilled Pineapples Wheat Bread 1% Milk Prune Juice |
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