

## September 2019 KOSHER HOT MEALS Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Lentil Soup Baked Fish Confetti Orzo Green Beans Fresh Fruit Dinner Roll w/ Margarine Orange Juice	2) Matzo Ball Soup Baked Chicken Brown Rice Sautéed Spinach Fresh Fruit Potato Bread w/ Margarine Apple Juice
5) Beef Vegetable Soup Baked Salmon Wild Rice Fresh Fruit Potato Bread w/ Margarine Orange Juice	6) Bean Soup Smoothed Chicken Breast Mashed Red Potatoes Fresh Fruit Wheat Bread w/ Margarine Tomato Juice	7) Chicken Noodle Soup Hot Dog on Roll Baked Beans Sauerkraut Fresh Fruit Prune Juice	8) Vegetable Soup Meatballs w/ Marinara Sauce Spaghetti Baked Apples Wheat Bread w/ Margarine Orange Juice	9) Matzo Ball Soup Baked Honey Chicken Potato Latkes Vegetable Blend Fresh Fruit Potato Bread w/ Margarine Apple Juice
12) Navy Bean Soup Sliced Turkey Whipped Potatoes Green Beans Fresh Fruit Wheat Bread w/ Margarine Orange Juice	13) Vegetable Soup Baked Fish Herbed Orzo Broccoli Fresh Fruit Dinner Roll w/ Margarine Prune Juice	14) Split Pea Soup Meatloaf w/ Gravy Mashed Potatoes Ginger Snap Peas Fresh Fruit Wheat Bread w/ Margarine Apple Juice	15) Minestrone Soup Baked Manicotti Spinach Hot Peaches Dinner Roll w/ Margarine Orange Juice	16) Matzo Ball Soup Roast Beef w/ Gravy Tzimmes Green Beans Fresh Fruit Potato Bread w/ Margarine Prune Juice
19) Lentil Soup Beef Stew Zucchini Baked Apples Dinner Roll w/ Margarine Apple Juice	20) Vegetable Soup Baked Chicken Baked Sweet Potato Sliced Carrots Fresh Fruit Whole-Grain Bread w/ Margarine Cranberry Juice	21) Navy Bean Soup Meatloaf w/ Gravy Mashed Potatoes Green Beans Fresh Fruit Apple Juice	22) Tortellini Soup Stuffed Shells / Marinara Sauce Sugar Snap Peas Baked Peaches Bread Stick w/ Margarine Cranberry Juice	23) Matzo Ball Soup Roast Beef w/ Gravy Baked Potato Fresh Squash Blend Fresh Fruit Potato Bread w/ Margarine Prune Juice
26) Five Bean Soup Salisbury Steak w/ Gravy Mashed Potatoes Sliced Carrots Fresh Fruit Potato Bread w/ Margarine Orange Juice	27) Chicken Noodle Soup Smothered Chicken Breast Fluffy Rice Broccoli Fresh Fruit Dinner Roll w/ Margarine Tomato Juice	28) Beef Vegetable Soup Beef Stew Fresh Sweet Potatoes Fresh Fruit Dinner Roll w/ Margarine Prune Juice	29) Lentil Soup Baked Fish Confetti Orzo Green Beans Fresh Fruit Dinner Roll w/ Margarine Orange Juice	30) Matzo Ball Soup Baked Chicken Brown Rice Sautéed Spinach Fresh Fruit Potato Bread w/ Margarine Apple Juice

**September 2019 KOSHER COLD MEALS Meals on Wheels of Central Maryland**

**OVER →**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Salad w/ Dressing Applesauce Marble Rye Bread w/ Margarine 1% Milk Cranberry Juice	2) Pickled Herring Pickled Beets Mexican Bean Salad Dinner Roll 1% Milk Prune Juice
5) Munster Cheese Marinated Vegetables Sliced Pears Wheat Bread 1% Milk Cranberry Juice	6) Egg Salad Tossed Salad w/ Dressing Tropical Fruit Salad Whole-Grain Bread 1% Milk Apple Juice	7) Sliced Turkey Carrot Raisin salad Mandarin Oranges Kaiser Roll 1% Milk V-8 Juice	8) Tuna Salad Tossed Salad w/ Dressing Chilled Pears Marble Rye Bread 1% Milk Cranberry Juice	9) Whitefish Salad Pickled Beets Three Bean Salad Chilled Pineapples Wheat Bread 1% Milk Prune Juice
12) Egg Salad Tossed Salad w/ Dressing Pears Rye Bread 1% Milk Apple Juice	13) American Cheese Cole Slaw Tropical Fruit Salad Pumpernickel Bread Mustard 1% Milk Cranberry Juice	14) Slice Turkey Marinated Vegetables Three Bean Salad Mandarin Oranges Wheat Bread Mayonnaise V-8 Juice	15) Tuna Salad Pickled Beets Fruit Cup Multi-Grain Bread 1% Milk Cranberry Juice	16) Gefilte Fish Carrot Raisin Salad Pasta Salad Sliced Peaches Dinner Roll 1% Milk Prune Juice
19) Swiss Cheese Marinated Vegetables Salad Macaroni Salad Fruit Cocktail Rye Bread 1% Milk Orange Juice	20) Egg Salad Tossed Salad w/ Dressing Chilled Pineapples Wheat Bread 1% Milk V-8 Juice	21) Bean Salad Potato Salad Sliced Pears Potato Bread 1% Milk Prune Juice	22) Tuna Salad Tossed Salad w/ Dressing Apricots Wheat Bread 1% Milk Orange Juice	23) Creamed Herring Cole Slaw Rotini Pasta Salad Mandarin Oranges Pumpernickel Bread 1% Milk V-8 Juice
26) Munster Cheese Marinated Vegetable Salad Pears Wheat Bread 1% Milk Cranberry Juice	27) Tuna Salad Tossed Salad w/ Dressing Chilled Apricots Whole Grain Bread 1% Milk Apple Juice	28) Sliced Roast Beef Cole Slaw Mandarin Oranges Kaiser Roll V-8 Juice	29) Salad w/ Dressing Applesauce Marble Rye Bread w/ Margarine 1% Milk Cranberry Juice	30) Pickled Herring Pickled Beets Mexican Bean Salad Dinner Roll 1% Milk Prune Juice