

## March 2020 KOSHER HOT MEALS *Meals on Wheels of Central Maryland*

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
2) Five Bean Soup Baked Tilapia Mashed Potatoes Sliced Carrots Fresh Fruit Potato Bread w/ Margarine Orange Juice	3) Chicken Noodle Soup Pepper Steak Fluffy Rice Broccoli Fresh Fruit Wheat Bread w/ Margarine Tomato Juice	4) Vegetable Soup Rosemary Chicken Fresh Sweet Potatoes Fresh Fruit Wheat Bread w/ Margarine Prune Juice	5) Lentil Soup Cheese Lasagna Green beans Fresh Fruit Wheat Bread w/ Margarine Orange Juice	6) Matzo Ball Soup Roast Beef w/ Gravy Potato Latkes Sautéed spinach Fresh Fruit Potato Bread w/ Margarine Apple Juice
9) Beef Vegetable Soup Spaghetti & Meatballs Glazed Carrots Baked Sliced Peaches Potato Bread w/ Margarine Orange Juice	10) Bean Soup Baked Chicken Mashed Potatoes Summer Squash Fresh Fruit Dinner Roll w/ Margarine Tomato Juice	11) Chicken Noodle Soup Hot Dog on a Roll Baked Beans Sauerkraut Fresh Fruit Prune Juice	12) Vegetable Soup Stuffed Shells w/ Marinara Green Beans Baked Sliced Apples Marble Rye Bread w/ Margarine Cranberry Juice	13) Matzo Ball Soup Honey Baked Chicken Potato Latkes Vegetable Blend Fresh Fruit Potato Bread w/ Margarine Apple Juice
16) Navy Bean Soup Beef-a-Roni Ginger Snap Peas Baked Apples Wheat Bread w/ Margarine Orange juice	17) Vegetable Soup BBQ Chicken Herbed Ouzo Broccoli Fresh Fruit Dinner Roll w/ Margarine Prune Juice	18) Barley Soup Meatloaf w/ Gravy Mashed Potatoes Sautéed Cabbage Fresh Fruit Dinner Roll w/ Margarine Apple Juice	19) Minestrone Soup Baked Tilapia Seasoned Rice Spinach Fresh Fruit Dinner Roll w/ Margarine Orange Juice	20) Matzo Ball Soup Honey Baked Chicken Tzimmes Green Beans Fresh Fruit Potato Bread w/ Margarine Prune Juice
23) Lentil Soup Corned Beef Boiled Potatoes Braised Cabbage Fresh Fruit Dinner Roll w/ Margarine Apple Juice	24) Vegetable Soup Honey Baked Chicken Baked Sweet Potato Sliced Carrots Fresh Fruit Whole Grain Bread w/ Margarine Cranberry Juice	25) Split Pea Soup Roast Turkey w/ Gravy Mashed Potato Green Beans Fresh Fruit Wheat Bread w/ Margarine Apple Juice	26) Barley Soup Stuffed Shells w/ Marinara Sugar Snap Peas Baked Peaches Bread Sticks w/ Margarine Cranberry Juice	27) Matzo Ball Soup Cajun Chicken Baked Potato Fresh Squash Blend Fresh Fruit Potato Bread w/ Margarine V-8 Juice
30) Navy Bean Soup Beef-a-Roni Ginger Snap Peas Baked Apples Wheat Bread w/ Margarine Orange juice	31) Vegetable Soup BBQ Chicken Herbed Ouzo Broccoli Fresh Fruit Dinner Roll w/ Margarine Prune Juice			

## March 2020 KOSHER COLD MEALS Meals on Wheels of Central Maryland

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
2) Tuna Salad Garden Salad w/ Dressing Chilled Apricots Whole Grain Bread w/ Margarine 1% Milk Orange Juice	3) Munster Cheese Fiesta & Pasta Salad Sliced Pears Wheat Bread w/ Margarine 1% Milk Cranberry Juice	4) Sliced Roast Beef Cole Slaw Mandarin Oranges Kaiser Roll V-8 Juice	5) Egg Salad Tossed Salad w/ Dressing Applesauce Marble Rye Bread w/ Margarine 1% Milk Cranberry Juice	6) Pickled Herring Pickled Beets Mexican Bean Salad Chilled Pineapples Dinner Roll w/ Margarine 1% Milk Prune Juice
9) Egg Salad Tossed Salad w/ Margarine Tropical Fruit Salad Whole-Grain Bread w/ Margarine 1% Milk Apple Juice	10) Munster Cheese Creamy Garden Salad Sliced Pears Wheat Bread w/ Margarine 1% Milk Cranberry Juice	11) Sliced Turkey Carrot Raisin Salad Mandarin Oranges Kaiser Roll V-8 Juice	12) Tuna Salad Tossed Salad w/ Dressing Chilled Pears Marble Rye Bread 1% Milk Orange Juice	13) Whitefish Salad Pickled Beets Three Bean Salad Chilled Pineapples Dinner Roll w/ Margarine 1% Milk Prune juice
16) Egg Salad Garden Salad w/ Dressing Pears Rye Bread 1% Milk Apple Juice	17) American Cheese Cole Slaw Tropical Fruit Salad Pumpernickel Bread 1% Milk Cranberry Juice	18) Sliced Turkey Italian Vegetable Salad White Bean Salad Mandarin Oranges Wheat Bread Mayonnaise V-8 Juice	19) Tuna Salad Pickled Beets Fruit Salad Whole-Grain Bread w/ Margarine 1% Milk Cranberry Juice	20) Gefilte Fish Carrot Raisin Salad Pasta Salad Sliced Peaches Dinner Roll 1% Milk V-8 Juice
23) Egg Salad Garden Salad w/ Dressing Chilled Pineapple Wheat Bread w/ Margarine V-8 Juice	24) Swiss Cheese Marinated Vegetable Salad Macaroni Salad Fruit Cocktail Rye Bread 1% Milk Orange Juice	25) Sliced Turkey 3 Bean Salad Potato Salad Sliced Pears Potato Bread Mayonnaise Prune Juice	26) Tuna Salad Garden Salad w/ Dressing Apricots Wheat Bread 1% Milk Orange Juice	27) Creamed Herring Cole Slaw Rotini Pasta Salad Mandarin Oranges Pumpernickel Bread w/ Margarine 1% Milk V-8 Juice
30) Tuna Salad Garden Salad w/ Dressing Chilled Apricots Whole Grain Bread w/ Margarine 1% Milk Orange Juice	31) Munster Cheese Fiesta & Pasta Salad Sliced Pears Wheat Bread w/ Margarine 1% Milk Cranberry Juice			