


May 2019 KOSHER HOT MEALS Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Split Pea Soup Meatloaf w/ Gravy Mashed Potatoes Ginger snap Peas Fresh Fruit Dinner Roll w/ Margarine	2) French Onion Soup Baked tilapia Seasoned Rice Dinner Roll w/ Margarine Orange Juice	3) Matzo Ball Soup Grilled Honey Chicken Tzimmes Green Beans Fresh Fruit Potato Bread w/ Margarine Prune Juice
6) Lentil Soup Spaghetti & Meatballs Zucchini Baked Apples Dinner Roll w/ Margarine Apple Juice	7) Vegetable Soup Baked Chicken Baked Sweet Potato Sliced Carrots Fresh Fruit Whole-Grain w/ Margarine Cranberry Juice	8) Navy Bean Soup Roast Beef w/ Gravy Mashed Potato Green Beans Fresh Fruit Dinner Roll w/ Margarine Apple Juice	9) Potato Chowder Soup Stuffed Shells / Marinara Sugar Snap Peas Baked Peaches Fresh Fruit Bread Stick w/ Margarine Cranberry Juice	10) Matzo Ball Soup Chicken Picatta Baked Potatoes Fresh Squash Blend Fresh Fruit Potato Bread w/ Margarine Prune Juice
13) Five Bean Soup Stuffed Peppers Pasta / Marinara Sliced Carrots Fresh Fruit Potato Bread w/ Margarine Orange Juice	14) Chicken Noodle Soup Sweet & Sour Beef Fluffy Rice Broccoli Fresh Fruit Dinner Roll w/ Margarine Prune Juice	15) Beef Vegetable Soup Rosemary Chicken Sweet Potatoes Summer Squash Fresh Fruit Dinner Roll w/ Margarine Apple Juice	16) Lentil Soup Cheese Lasagna Green Beans Fresh Fruit Dinner Roll w/ Margarine Orange Juice	17) Matzo Ball Soup Roast Beef w/ Gravy Potato Latkes Sautéed Spinach Fresh Fruit Potato Bread w/ Margarine Prune Juice
20) Beef Vegetable Soup Baked Salmon Wild Rice Fresh Fruit Potato Bread w/ Margarine Orange Juice	21) Bean Soup Smothered Chicken Breast Mashed Red Potatoes Summer Squash Fresh Fruit Dinner Roll w/ Margarine Tomato Juice	22) Chicken Noodle Soup Hot Dog w/ Roll Baked Beans Sauerkraut Fresh Fruit Prune Juice	23) Vegetable Soup Stuffed Shells / Marinara Green Beans Baked Apples Dinner Roll w/ Margarine Orange Juice	24) Matzo Ball Soup Baked Honey Chicken Potato Latkes Vegetable Blend Fresh Fruit Potato Bread w/ Margarine Apple Juice
27) Meals on Wheels Will be closed for the Memorial Day Holiday You will receive your meals For this day on 5/20/19	28) Vegetable Soup Cilantro Chicken Herbed Orzo Broccoli Fresh Fruit Dinner Roll w/ Margarine Prune Juice	29) Split Pea Soup Meatloaf w/ Gravy Mashed Potatoes Ginger snap Peas Fresh Fruit Dinner Roll w/ Margarine	30) French Onion Soup Baked tilapia Seasoned Rice Dinner Roll w/ Margarine Orange Juice	31) Matzo Ball Soup Grilled Honey Chicken Tzimmes Green Beans Fresh Fruit Potato Bread w/ Margarine Prune Juice

May 2019 KOSHER COLD MEALS Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Slice Turkey Marinated Vegetables Three Bean Salad Mandarin Oranges Wheat Bread Mayonnaise V-8 Juice	2) Tuna Salad Pickled Beets Fruit Cup Multi-Grain Bread 1% Milk Cranberry Juice	3) Whitefish Salad Carrot Raisin Salad Pasta Salad Sliced Peaches Dinner Roll 1% Milk Prune Juice
6) Swiss Cheese Marinated Vegetable Salad Fruit Cocktail Rye Bread 1% Milk Orange Juice	7) Egg Salad Tossed Salad w/ Dressing Chilled Pineapple Wheat Bread 1% Milk V-8 Juice	8) Sliced Turkey 3 Bean Salad Potato Salad Sliced Pears Potato Bread Mayonnaise Prune Juice	9) Tuna Salad Tossed Salad w/ Dressing Apricots Wheat Bread 1% Milk Orange Juice	10) Creamed Herring Cole Slaw Rotini Pasta Salad Mandarin Oranges Dinner Roll 1% Milk V-8 Juice
13) Munster Cheese Marinated Vegetable Salad Pears Wheat Bread 1% Milk Cranberry Juice	14) Tuna Salad Tossed Salad w/ Dressing Chilled Apricots Whole Grain Bread 1% Milk Apple Juice	15) Sliced Roast Beef Cole Slaw Mandarin Oranges Kaiser Roll V-8 Juice	16) Egg Salad Tossed Salad w/ Dressing Applesauce Marble Rye Bread 1% Milk Cranberry Juice	17) Pickled Herring Pickled Beets Mexican Bean Salad Dinner Roll 1% Milk Prune Juice
20) Munster Cheese Marinated Vegetables Sliced Pears Wheat Bread 1% Milk Cranberry Juice	21) Egg Salad Tossed Salad w/ Dressing Tropical Fruit Salad Whole Grain Bread 1% Milk Apple Juice	22) Sliced Turkey Carrot Raisin salad Mandarin Oranges Kaiser Roll 1% Milk V-8 Juice	23) Tuna Salad Tossed Salad w/ Dressing Chilled Pears Marble Rye Bread 1% Milk Cranberry Juice	24) Whitefish Salad Pickled Beets Three Bean Salad Chilled Pineapples Wheat Bread 1% Milk Prune Juice
27) Meals on Wheels Will be closed for the Memorial Day Holiday You will receive your meals For this day on 5/20/19	28) American Cheese Cole Slaw Tropical Fruit Salad Pumpernickel Bread Mustard 1% Milk Cranberry Juice	29) Slice Turkey Marinated Vegetables Three Bean Salad Mandarin Oranges Wheat Bread Mayonnaise V-8 Juice	30) Tuna Salad Pickled Beets Fruit Cup Multi-Grain Bread 1% Milk Cranberry Juice	31) Whitefish Salad Carrot Raisin Salad Pasta Salad Sliced Peaches Dinner Roll 1% Milk Prune Juice