

KOSHER MEALS ON WHEELS

MENU - WINTER/SPRING 2022

WEEK1	OPTION 1	OPTION 2	OPTION 3	OPTION 4
Wednesday				
Main	Curry Pineapple Meatballs	Chicken Paprikash	Pollack with Cheese and Mushroom Sauce	Egg and Vegetable Salad
Sides	Rice, wax beans	Rice, cauliflower	Potato, green beans	Garden salad
Soup	None	None	Potato Leek	Potato Leek

Friday				
Main	Red Pepper and Leek Quiche	Tuna Salad Plate	Roast Chicken with Pineapple Sauce	Stuffed Green Peppers
Sides	Mashed potato, carrots	Bean salad, Garden salad	Potato, broccoli	Potato, mixed Italian veggies
Soup	Vegetable	Vegetable	Chicken and Matzah ball	Chicken and Matzah ball

WEEK 2	OPTION 1	OPTION 2	OPTION 3	OPTION 4
Wednesday				
Main	Beef Stew	Portuguese Roast Chicken	Salmon Patty with Tartar Sauce	Cheddar Cheese and Quinoa Salad
Sides	Mashed potato, harvest blend veggies	Potato, corn	Mashed potato, green beans	Garden salad
Soup	Squash	Squash	Carrot	Carrot

Friday				
Main	Mushroom Broccoli Strata	Salmon Salad Plate	Salisbury Steak with Gravy	Chicken with Orange Sauce
Sides	Home fries, green beans	Potato salad, garden salad	Mashed potato, corn	Roast potato, squash
Soup	Pea	Pea	Chicken Noodle	Chicken Noodle

WEEK 3	OPTION 1	OPTION 2	OPTION 3	OPTION 4
Wednesday				
Main	Moroccan Garlic Chicken	Cold Cuts	Mediterranean Pollack	Cottage Cheese and Fruit Plate
Sides	Couscous, snap peas	Beet salad, garden salad	Mashed potato, green beans	-
Soup	Minestrone	Minestrone	Mushroom	Mushroom

Friday				
Main	Cheese Blintzes	Tuna and Bean Salad	Chicken with Mushroom Sauce	Sweet and Sour Meatballs
Sides	Strawberries and sour cream	Garden salad	Rice, mixed veggies	Rice, broccoli
Soup	Spanish Lentil	Spanish Lentil	Chicken and Matzah ball	Chicken and Matzah ball

WEEK 4	OPTION 1	OPTION 2	OPTION 3	OPTION 4
Wednesday				
Main	Beef Stroganoff	Chicken Marinara	Lasagna	Tuna Salad Plate
Sides	Noodles, carrots	Noodles, snap peas	Caesar salad, wax beans	Bean salad, garden salad
Soup	Potato Onion	Potato Onion	None	None

Friday				
Main	Egg Rolls with Plum Sauce, Egg Foo Young	Salmon Salad Plate	Shepherd's Pie	Honey Mustard Chicken
Sides	Rice	Potato salad, garden salad	Peas	Mashed potato, carrots
Soup	Carrot	Carrot	Chicken Noodle	Chicken Noodle

ALSO AVAILABLE

Frozen Soups	Vegetable, Mushroom, Butternut Squash, Spanish Lentil, Matzah Ball. And more!
Frozen Meals	Beef Stroganoff, Toscana Chicken, Moroccan Garlic Chicken, Portuguese Chicken. And more!