

KOSHER MEALS ON WHEELS MENU - WINTER/SPRING 2022

WEEK 1 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
Salad	Beet Salad	Beet Salad	Potato Leek	Potato Leek

Friday

Main	Salmon Filet	Cheddar Cheese and Pasta Salad	Roast Chicken with Pineapple Sauce	Stuffed Green Peppers
Sides	Baked Potato, Peas	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, squash	Garden salad
Soup	Squash	Squash	Carrot	Carrot

Friday

Main	Baked Pollack Creole Sauce	Egg Salad Plate	Salisbury Steak with Gravy	Chicken with Orange Sauce
Sides	Mixed Vegetable	Vegetable salad, garden salad	Roast potato, corn	Roast potato, squash
Soup	Mushroom	Mushroom	Chicken Noodle	Chicken Noodle

WEEK 3 OPTION 1 OPTION 2 OPTION 3 OPTION 4

Wednesday

Main	Moroccan Garlic Chicken	Cold Cuts	Mediterranean Pollack	Cheddar Cheese and Pasta Salad
Sides	Couscous, snap peas	Beet salad, garden salad	Mashed potato, green beans	Garden Salad
Soup	Minestrone	Minestrone	Mushroom	Mushroom

Friday

Main	Breaded Parmesan Cod	Cottage Cheese and Fruit Plate	Chicken with Mushroom Sauce	Sweet and Sour Meatballs
Sides	Baked Potato, Broccoli		Rice, mixed veggies	Rice, broccoli
Soup	Tomato Rice	Tomato Rice	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	Wax Beans	Bean salad, garden salad
Soup	Potato Onion	Potato Onion	Caesar Salad	None

Friday

Main	Filet of Sole Au gratin	Cheese and Pasta Plate	Shephard's Pie	Honey Mustard Chicken
Sides	Potato, Broccoli	Garden salad	Corn	Mashed potato, Green beans
Soup	Mushroom	Mushroom	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!