

KOSHER MEALS ON WHEELS

# TO			# TO			# TO			# TO		
WEEK1			ORDER			ORDER			ORDER		
Wednesday											
Main	PASTA PRIMAVERA		GREEK SALAD WITH EGG SALAD		ASIAN STYLE CHICKEN		SALISBURY HAMBURGER STEAK WITH GRAVY				
Sides	GREEN BEANS		FETA AND OLIVES		RICE, BROCCOLI		RICE, CARROTS				
SOUPS	MINESTRONE		MINESTRONE		SQUASH		SQUASH				
Friday											
Main	SALMON FILET		COTTAGE CHEESE		CURRY PINEAPPLE MEATBALLS		CHICKEN PAPRIKASH				
Sides	BAKED POTATO, CAULIFLOWER		FRUIT SALAD		RICE, GINGER ORIENTAL VEGGIES		RICE, SQUASH				
SOUPS	CARROT		CARROT		MATZAH BALL		MATZAH BALL				
WEEK 2											
Wednesday											
Main	MACARONI AND CHEESE		NICOISE TUNA SALAD		KOFTA AND HUMMUS		TURKEY POT PIE				
Sides	MIXED VEGGIE		POTATO SALAD, GARDEN SALAD		POTATO, ZUCCHINI, TOMATO		POTATO, BROCCOLI				
SOUP/SALAD	THREE SISTER BEAN AND VEG SOUP		THREE SISTER BEAN AND VEG SOUP		ISRAELI SALAD		ISRAELII SALAD				
Friday											
Main	MUSTARD DILL SOLE		CHEDDAR CHEESE QUINOA SALAD		BEEF HOTDOG		PEACH GINGER BBQ SAUCE CHICKEN				
Sides	MASHED POTATO, BROCCOLI		GARDEN SALAD		COLESLAW, TOMATO, CUCUMBER		POTATO, MIXED VEGGIES				
SOUP/SALAD	CAESAR SALAD		CAESAR SALAD		CHICKEN NOODLE SOUP		CHICKEN NOODLE SOUP				
WEEK 3											
Wednesday											
Main	SALMON PIE		CHEESE BLINTZES		CURRY BEEF STEW		ORANGE CHICKEN				
Sides	MASHED POTATOES, GREEN BEANS		SOUR CREAM, FRUIT SALAD		RICE, CAULIFLOWER		FLORENTINE VEGGIES, RICE				
SOUP/SALAD	MUSHROOM SOUP		MUSHROOM SOUP		CARROT SALAD		CARROT SALAD				
Friday											
Main	PORTUGUESE COD		GREEK SALAD WITH EGG SALAD		BEEF CHILLI		HONEY GINGER CHICKEN				
Sides	POTATOES, PEAS		OLIVES AND FETA CHEESE		RICE, WAX BEANS		RICE, ORIENTAL VEGGIES				
SOUPS	POTATO LEEK SOUP		POTATO LEEK SOUP		MATZAH BALL SOUP		MATZAH BALL SOUP				
WEEK 4											
Wednesday											
Main	SALMON SALAD		LASAGNA		THAI BEEF WITH PEANUT SAUCE		MUSHROOM CHICKEN				
Sides	POTATO SALAD, GARDEN SALAD		WAX BEANS		NOODLES		NOODLES, PEAS				
SALAD	CAESAR		CAESAR		SQUASH SOUP		SQUASH SOUP				
Friday											
Main	BREADED HERB GARLIC SOLE		CHEF SALAD WITH EGG SALAD		SPAGHETTI AND MEAT SAUCE		BBQ CHICKEN				
Sides	POTATO, BROCCOLI		CHEDDAR CHEESE		PEAS		POTATOES, CARROTS				
SOUP	MUSHROOM LEEK		MUSHROOM LEEK		CHICKEN NOODLE SOUP		CHICKEN NOODLE SOUP				