





Kosher Meals on Wheels - June 2020

Meals are delivered to your door on
Mondays, Wednesdays, and Fridays

Reservations are required

Neal # 401-678-6464

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lentil Soup Vegetable Lasagna Garlic Bread Fresh Fruit	2 Fruit Cocktail Challah soufflé Baby Carrots Greek Yogurt	3 Corn Chowder Fish with Crumb topping Mixed Vegetables Chocolate Pudding	4 Lentil Soup Vegetable Calzone Tossed Salad Fresh Fruit	5 Chicken Noodle Soup Lemon Chicken Tzimmes, Peas Challah Marble Cake
8 Carrot Soup Spinach & Cheese Quiche Tossed Salad Sliced Peaches	9 Tomato Rice Soup Vegetarian Chili with Cheese Brown Rice Fresh Fruit	10 Potato Leek Soup Crumb Crusted Flounder Rice Pilaf Squash Fresh Fruit	11 Minestrone Soup Eggplant Rollatini Pasta with Sauce Tossed Salad Pear Halves	12 Chicken Noodle Soup Honey Chicken Roasted Potatoes Green Beans Challah Chocolate Chip Cookies
15 Cabbage Soup Knockwurst on Bun Baked Beans Coleslaw Melon	16 Split Pea Soup Chef Salad with Egg & Cheese Ranch Dressing Multi Grain Bread, Fresh Fruit	17 Tossed Salad Lemon Garlic Flounder Smashed Potatoes Broccoli Whole Grain Bread Fresh Fruit	18 Escarole Bean Soup English Muffin Pizzas Tossed Salad Chocolate Pudding	19 Chicken Noodle Soup Chicken Marsala Brown Rice Green Bean Challah Apple Pie
22 Egg drop soup Chicken Wings Fried Rice Broccoli Mandarin Oranges	23 Lentil Soup Egg Salad Grinder Carrots Tropical Fruit Salad	24 Tossed Salad Chicken Pot Pie Mixed Vegetables Potatoes Sliced Peaches	25 Split Pea Soup Tuna Noodle Casserole Mixed Vegetables Fresh Fruit	26 Chicken Soup Hot dog & Hamburger On a Roll Coleslaw Potato Salad Watermelon
29 Carrot Soup Noodle Kugel With Sour Cream Scoop of Egg Salad Steamed Broccoli Fresh Fruit	30 Cream of Vegetable Soup Bagel, Cream Cheese & Lox Lettuce, Tomatoes & Red Onion 3 Bean salad Vanilla Pudding	Kosher Meals on Wheels is generously supported by: The Jewish Alliance of Greater RI and Meals on Wheels of RI	  Suggested Donation \$3.00	Call Alissa at Meals on Wheels for concerns regarding food allergies 351-6700