



Kosher Meals on Wheels - August 2020

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

Reservations are required
Neal # 401-678-6464
JCS main # 401-331-1244
Suggested donation: \$3 for lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Potato Leek Soup Swedish Meatballs Egg Noodles Carrots Fresh Fruit	4 Barley Soup Egg Salad Grinder with Lettuce and Tomato Vegetable Pasta Salad Fresh Fruit	5 Corn Chowder Crumb Crusted Fish Mixed Vegetables Chocolate Pudding	6 Vegetable Soup Tuna Grinder Lettuce and Tomato Three Bean Salad Fresh fruit	7 Chicken Soup Chicken Marsala Egg Noodles Mixed Vegetables Apple Strudel, Challah
10 Minestrone Soup Eggplant Rollatini Pasta with Sauce Tossed Salad Pear Halves	11 Split Pea Soup Tuna Croquets Mixed Vegetables Fresh Fruit	12 Tossed Salad Lemon Garlic Fish Roasted Potatoes Squash Fresh Fruit	13 Potato Leek Soup Knockwurst on Bun Baked Beans Coleslaw Chilled Melon	14 Chicken Soup Shake & Bake Chicken Roasted Potatoes Green Beans Challah, Apple Strudel
17 Vegetable Soup Chicken Pot Pie with Mixed Vegetables & Potatoes Sliced Peaches	18 Split Pea Soup Chef Salad with Egg & Tuna Multi Grain Bread, Fresh Fruit	19 Tossed Salad Crumb Crusted Fish Smashed Potatoes Broccoli Chocolate Pudding	20 Three Bean Soup English Muffin Pizzas Zucchini Fresh Fruit	21 Chicken Soup Chicken with Pineapple Brown Rice Green Bean Challah, Cup Cakes
24 Vegetable Soup Chicken Salad Sandwich Lettuce & Tomatoes Vegetable Potato Salad Fresh Fruit	25 Tossed Salad Vegetarian Chili with Vegetables & Cheese Brown Rice Fresh Fruit	26 Vegetable Soup Bagel with Cream Cheese & Lox Lettuce & Tomatoes 3 Bean salad Vanilla Pudding	27 Potato Leak Soup Spinach & Cheese Crust-Less Quiche Potato Wedges Tossed Salad Sliced Peaches	28 Chicken Soup Barbequed Chicken Coleslaw Potato Salad Challah Watermelon
31 Carrot Soup Noodle Kugel with Sour Cream Steamed Broccoli Fresh Fruit	Call Alissa at Meals on Wheels for concerns regarding food allergies 351-6700	Kosher Meals on Wheels is generously supported by: The Jewish Alliance of Greater RI & Meals on Wheels of RI	 	WE VOLUNTEERS