




# Kosher Meals on Wheels - October 2020

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



Reservations are required  
 Call Neal at JCS # 401-331-1244  
**Suggested donation: \$3 for lunch**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Call Alissa at <b>Meals on Wheels</b> for concerns regarding food allergies <b>351-6700</b>	<b>Kosher Meals on Wheels</b> is generously supported by:  <b>The Jewish Alliance of            Greater RI &amp;            Meals on Wheels of RI</b>		<b>1</b> Vegetable Soup <b>Meatloaf</b> Mashed Sweet Potato Peas and Carrots Sliced peaches	<b>2</b> Chicken Soup <b>Chicken Marsala</b> Egg Noodles Mixed Vegetables Apple Strudel, Challah
<b>5</b> Vegetable Soup <b>Chicken Pot Pie with            Mixed Vegetables &amp;            Potatoes</b> Sliced Peaches	<b>6</b> Minestrone Soup <b>Vegetable Cheese            Calzones</b> Tossed Salad Pineapple Chunks	<b>7</b> Tomato Soup <b>Lemon Garlic Fish</b> Roasted Potatoes Mixed Squash Jell-O	<b>8</b> Potato Leek Soup <b>Knockwurst on Bun</b> Baked Beans Coleslaw Fruit Cocktail	<b>9</b> Chicken Soup <b>Shake &amp; Bake Chicken</b> Roasted Potatoes Green Beans Challah, Apple Strudel
<b>12</b> <b>No Delivery due to            Columbus Day</b>	<b>13</b> Lentil Soup <b>Chef Salad with            Egg &amp; Tuna</b> Multi Grain Bread, Fresh Fruit	<b>14</b> Tossed Salad <b>Crumb Crusted Fish</b> Smashed Sweet Potatoes Broccoli Chocolate Pudding	<b>15</b> Three Bean Soup <b>English Muffin Pizzas</b> Zucchini Fresh Fruit	<b>16</b> Chicken Soup <b>Lemon Chicken</b> Brown Rice Pilaf Roasted Vegetables Challah, Coffee Cake
<b>19</b> Vegetable Soup <b>Chicken Salad Sand-            wich</b> <b>Lettuce &amp; Tomatoes</b> Vegetable Potato Salad Fresh Fruit	<b>20</b> Potato Leek Soup <b>Sweet &amp; Sour            Meatballs</b> Egg Noodles Carrots, Fresh Fruit	<b>21</b> Vegetable Soup <b>Bagel with            Cream Cheese &amp; Lox</b> Lettuce & Tomatoes 3 Bean salad Vanilla Pudding	<b>22</b> Potato Leak Soup <b>Spinach &amp; Cheese            Quiche</b> Sweet Corn Sliced Peaches	<b>23</b> Chicken Soup <b>Barbeque Chicken</b> Sweet Potato Steamed Broccoli Challah Watermelon
<b>26</b> Tossed Salad <b>Blintz Soufflé</b> Apples Sauce Oatmeal Raisin Cookie	<b>27</b> Carrot Soup <b>Noodle Kugel            with Sour Cream</b> Steamed Broccoli Fresh Fruit	<b>28</b> Corn Chowder <b>Crumb Crusted Fish</b> Brown Rice pilaf Mixed Vegetables Fresh Fruit	<b>29</b> Barley Soup <b>Egg Salad Grinder            with Lettuce and Tomato</b> Vegetable Pasta Salad Fresh Fruit	<b>30</b> Chicken Soup <b>Baked Chicken</b> Roasted Potatoes & Vegetables Cinnamon Sticks Challah