



Kosher Meals on Wheels - November 2020

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

You will receive 2 meals on Mondays and Wednesdays

If there is a holiday, you will receive 2 meals on the M, W, F before and after the holiday

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Vegetable Soup Veal Stew with Potato Peas and Carrots Sliced peaches	3 Tuscan Bean Soup Tuna salad sandwich with Lettuce & Tomato Vegetable Pasta Salad Multi Grain Bread, Mixed Fresh Fruit	4 Lentil Soup Crumb Crusted Fish Smashed Sweet Potatoes Broccoli Chocolate Pudding	5 Minestrone Soup Eggplant Parmesan Whole Grain Pasta with Marinara Sauce Baby carrots Fresh Fruit	6 Chicken Soup Stuffed Cabbage Brown rice Mixed Vegetables Apple cake, Challah
9 Vegetable Soup Chicken Pot Pie with Mixed Vegetables & Potatoes Sliced Peaches	10 Minestrone Soup Hot dog on a Roll Baked beans Cole slaw Pineapple Chunks	11 No delivery Veterans Day 	12 Potato Leek Soup Salmon loaf Basmati rice Mixed vegetables Fruit Cocktail	13 Chicken Soup Shake & Bake Chicken Roasted Potatoes Green Beans Challah, Apple Strudel
16 Lentil Soup Blintz Soufflé Apples Sauce Oatmeal Raisin Cookie	17 Three Bean Soup Chef Salad with Egg & Tuna Multi Grain Bread, Fresh Fruit	18 Vegetable Soup Bagel with Cream Cheese & Lox Lettuce & Tomatoes 3 Bean salad Vanilla Pudding	19 Tossed Salad English Muffin Pizzas Zucchini Fresh Fruit	20 Squash Soup Roasted Turkey & Gravy Stuffing Peas & Pearl Onions Cranberry Sauce Apple Pie Challah
23 Vegetable Soup Chicken Salad Sandwich Lettuce & Tomatoes Vegetable Potato Salad Fresh Fruit	24 Sweet & Sour Cabbage Soup Meatloaf Mashed potato Carrots Fresh Fruit	25 Corn Chowder Fish with Crumb Top Buttered Noodles Steamed Zucchini Tapioca Pudding	26 	27 No delivery 
30 Carrot Soup Noodle Kugel with Sour Cream Steamed Broccoli Fresh Fruit	WE  VOLUNTEERS	all 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	 