








Kosher Meals on Wheels - February 2021

Meals are delivered on **Mondays, Wednesdays, and Fridays only**
 You will receive **2 meals on Mondays and Wednesdays**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Split Pea Soup Potato Latkes with Sour Cream Scoop of Tuna Sliced Carrots Fresh Fruit	2 Squash Soup Calzone with Spinach & Cheese Tossed Salad Diced Peaches	3 Corn Chowder Fish with Crumb Topping Buttered Noodles Steamed Zucchini Tapioca Pudding	4 Lentil Soup Egg Salad Sandwich with Lettuce & Tomato No Salt Chips Cole Slaw Fruit Cocktail	5 Chicken Soup Roasted Chicken Mashed Potato Roasted Vegetables Challah Coffee Cake
8 Vegetable Soup Chicken Pot Pie with Mixed Vegetables & Potatoes Spiced Apples	9 Squash Soup Knockwurst on a Bun Baked Beans Broccoli Fresh Fruit	10 Vegetable Soup Seafood salad Sandwich Beet Salad Oatmeal Raisin Cookie	11 Vegetable Soup Spinach Rollatini Green Beans Fruit Salad	12 Chicken Soup Pineapple Chicken Brown Rice Root Vegetables Challah Blueberry Crumble
15 No Meal Delivery 	16 Pea Soup Tuna Grinder No Salt Chips Three-bean Salad Fresh Fruit	17 Cabbage Soup Fish with Crumb Topping Potato Wedges Diced Carrots Chocolate Pudding	18 Minestrone Soup Baked Ziti with Cheese & Sauce Zucchini Fresh Fruit	19 Potato Leek Soup Lemon Chicken Steamed Broccoli Roasted Potatoes Challah Cup Cake 
22 Mushroom Soup Spinach & Swiss Quiche Home Fries Fresh Fruit	23 Tortilla Soup Cheese & Vegetable Quesadilla Sour Cream Zucchini Wedges Yellow Rice Fruit Salad	24 Vegetable Soup Bagel with Cream Cheese & Lox Lettuce, Tomatoes & Red Onion Three-Bean Salad Pudding	25 Vegetable Soup Noodle Kugel with Sour Cream Garden Salad Hamantaschen	26 Chicken Soup Shake & Bake Chicken Roasted Sweet Potato Broccoli Challah Apple Strudel
Kosher meals are generously supported by the Jewish Alliance of Greater RI and Meals On Wheels of RI			Call Meals on Wheels for concerns regarding food allergies at 351-6700	



**Zoom Programming for the Kosher Senior Café
~ February 2021 ~**

JOIN US EVERY TUESDAY & THURSDAY:

<https://us02web.zoom.us/j/88945232153?pwd=UjcyVVVHd1Y1Z0F1bGRsWEZpb3M0UT09>

Meeting ID: 889 4523 2153

Passcode: 363455

Dial by your location:

+1 929 205 6099 US (New York)

Meetings - Every Tuesday:

11:30-12:00 Chair Yoga

12:00-1:00 Lunch and Free form discussion with Neal and/or guest speaker

2/2 “Healthful Eating” Facts and fiction of a good diet.

2/9 “Tell me another One” Bring your best jokes.

2/16 URI Pharmacy “Stress and Anxiety Awareness”

2/23 Rob Rock, Director of Elections * RI Department of State

Meetings - Every Thursday

11:30-12:00 Chair Yoga

12:00-1:00 Kibbitz & Lunch with Neal and Guest

- **2/4 “Susie’s Corner”**
- **2/11 “Or Cohen on Israel”**
- **2/18 Book Club – January books:**

Don’t Cry for Me Hot Pastrami : a Ruby, the rabbi’s wife mystery / Sharon Kahn

Love and Other Impossible Pursuits; By Ayelet Waldman

2/25 Purim Party with Rabbi Zerlin