







Kosher Meals on Wheels - March 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 Vegetable Soup Chicken Pot Pie with Mixed Vegetables & Potatoes Spiced Apples	2 Lentil Soup Egg Salad Sandwich with Lettuce & Tomato No salt chips Cole slaw Fruit Cocktail	3 Corn Chowder Fish with Crumb Topping Buttered Noodles Steamed Zucchini Tapioca Pudding	4 Tortilla Soup Cheese & Vegetable Quesadilla Sour Cream & Salsa Zucchini Wedges Yellow Rice, Fruit Salad	5 Chicken Soup Brisket Kasha Varnishkes Roasted Vegetables Challah Cake
8 Squash Soup Knockwurst on a Bun Baked Beans Broccoli Fresh Fruit	9 Pea soup Tuna Grinder Lettuce & Tomato Potato salad Fresh Fruit	10 Vegetable Soup Seafood casserole Baby Cooked Carrots Oatmeal Raisin Cookie	11 Vegetable Soup Spinach Rollatini Green Beans Fruit Salad	12 Chicken Soup Apricot Chicken Brown rice Root Vegetables Challah Blueberry Crumble
15 Vegetable Soup Noodle Kugel with Sour Cream Garden Salad Fresh fruit	16 Squash Soup Calzone with Spinach & Cheese Tossed Salad Diced Peaches	17 Vegetable Soup Bagel with Cream Cheese & Lox Lettuce, Tomatoes & Red Onion 3-Bean Salad, Pudding	18 Barley Mushroom Soup Zucchini Quiche Home Fries Fresh Fruit	19 Potato Leek Soup Shake & Bake Chicken Steamed Broccoli Roasted Potatoes Challah Cup Cake 
22 Carrot Soup Crust-less Broccoli & Cheese Quiche Roasted Potatoes Fresh Fruit	23 Tomato Soup Tuna Salad French Fries Sliced Carrots Fresh Fruit Egg Matzo	24 Tossed Salad Potato Crusted Fish Sautéed Carrots Peaches	25 Squash Soup Chef's Salad with Egg & Cheese Fresh Fruit	26 Matzo Ball Soup Chicken Marsala Mashed Potatoes Mixed Vegetables Jelly Roll Egg matzo
29 No Meal Delivery 	30 Tossed Salad Stuffed Cabbage Tzimmes (Sweet Potato & Carrot) Macaroons	31 Cabbage Soup Lemon Fillet of Sole Potato Wedges Broccoli Fresh Fruit	Call Meals on Wheels for concerns regarding food allergies at 351-6700	 



**Zoom Programming for the Kosher Senior Café
~ March 2021 ~
JOIN US EVERY TUESDAY & THURSDAY**

Please note the new link:

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

Or Call: 1-929-205-6099

Meeting ID: 889 4523 2153

Passcode: 363455

Meetings - Every Tuesday:

11:30-12:00 Chair *Yoga*

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

3/2 “Julius and Ethel Rosenberg”

3/9 “Exploring Relationships” with Tara and Shana from JCS Keshet Program

3/16 “Pharmacy 101” URI Pharmacy

3/23 “Black-Jewish Relations in America”

3/30 “Passover of Hope” with Rabbi Rick Jacobs

Meetings - Every Thursday

11:30-12:00 Chair *Yoga*

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

3/4 ‘Or on Israel’ with Or Cohen

3/11 Susie’s Corner with Susie Adler

3/18 “March Book Club” The Lost Shtetl By Max Gross

3/25 Rabbi Goldwasser