



Kosher Meals on Wheels

DECEMBER 2021

MON

TUE

WED

THU

FRI

JCS Kosher Meals on Wheels is supported by:
The Jewish Alliance of Greater RI
& Meals on Wheels of RI

**Contact Meals on Wheels with
concerns regarding food allergies:
401-351-6700**

Corn Chowder **1**
**Fish
with Crumb Topping**
Sweet Potatoes
Green beans
Fresh Fruit

Mixed Bean Soup **2**
Egg Salad Grinder
on Wheat Roll
Vegetable Pasta Salad
Fresh Fruit

Butternut Squash Soup **3**
Salmon Croquettes
Potato Latkes
Sour Cream & Applesauce
Candied Carrots
Hanukah Cookies, Challah

100% Orange Juice **6**
Scrambled Eggs
Hash Browns
Spinach, Bread
Fresh Fruit

Barley Soup **7**
**Chef Salad with
Tuna & Cheese**
Multi Grain Bread,
Tapioca Pudding

Split Pea Soup **8**
American Chop Suey
Broccoli
Sliced Peaches

Tomato Soup **9**
**Noodle Kugel
with Sour Cream**
Scoop of Egg Salad
Glazed Carrots
Fresh Fruit

Chicken Orzo Soup **10**
Pineapple Chicken
Roasted Potatoes
Baby Carrots
Strawberry Cake
Challah

100% Apple Juice **13**
Baked Ziti
Green Beans
Fresh Fruit

Vegetable Soup **14**
Cheese Quesadilla
Sour Cream, Guacamole
Brown Rice & Beans
Tossed Salad
Oatmeal Cookie

Split Pea Soup **15**
Meatloaf with Gravy
Zucchini
Mashed Potatoes
Fruit Cocktail

French Onion Soup **16**
Cheese Quiche
Home Fries
Peppers and Onions
Chilled Apricots

Chicken Soup **17**
Brisket
Kasha Varnishkes
Broccoli, Challah
Chocolate Cake

Lentil Soup **20**
Blueberry Blintz's
with Sour Cream
Carrots
Butterscotch Pudding

Potato Leek Soup **21**
Sloppy Joe
Whole Wheat Bun
Sweet Potato Fries
Fresh Fruit

Caesar Salad **22**
Roasted Chicken
Roasted Potatoes
Carrots
Fresh Fruit

Cabbage Soup **23**
**Spinach & Cheese
Calzone**
Tossed Salad
Vanilla Pudding

24
Closed

Lentil Soup **27**
Seafood Salad
Carrots
Cucumber
Fresh Fruit

100% Apple Juice **28**
Chicken Pot Pie
with Peas, Carrots, &
Potatoes
Spiced Apples

Cabbage Soup **29**
Egg Salad Sandwich
Lettuce & Tomato
Three Bean Salad
Chocolate Pudding

Vegetable Soup **30**
Eggplant Rollatini
Pasta & Marinara Sauce
Tossed Salad
Fruit Cocktail

31
Closed

**RESERVATIONS ARE
REQUIRED, PLEASE CALL:
NEAL # 401-421-4111 X 107**

Meals are delivered to
your door on
Mondays, Wednesdays,
and Fridays
You will receive 2 meals on
Monday and Wednesday

**Suggested donation:
\$3 for lunch**

Join us on Zoom
or in person Activities
**See backside for
the weekly schedule!**



Join us on Zoom - or in Person

using this link:

<https://us02web.zoom.us/j/84607021801?pwd=d0dGTTcxTIFBVXAzcFcyOG9McXB3QT09>

Or Call: 1-929-205-6099

Meeting ID: 846 0702 1801

Passcode: 250659

In-Person (at the Dwares JCC) & on Zoom - Every Monday and Wednesday

11:00-11:45

“Exercise for Everyone” with Laura Goodwin

Exercise Science Professional, Personal Coach (<http://www.empowerRI.com>)

Meetings - Every Tuesday

11:30-12:00 Chair Yoga

12:00-1:00 Lunch & Free form discussion

12/7 Winter Fun and Games

12/14 Susie’s Corner with Susie Adler, Coordinator of Jewish Eldercare of RI

12/21 Winter Solstice

12/28 A long winter: The value of sleep

Meetings - Every Thursday

11:30-12:00 Chair Yoga

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

12/2 Sunrise - Sunset

12/9 Fruits and Vegetables, What to Eat

12/16 Book Club, Book to be determined

12/23 What's new at the Holocaust Education Center

12/30 Happy New Year in America,

If you use email and do not receive emails from me, please contact me at neal@jfsri.org