# Kosher Meals on Wheels
## SEPTEMBER 2022

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
</table>
| **Contact Meals on Wheels with concerns regarding food allergies:** 401-351-6700 | **Lentil Soup**  
**Noodle Kugel**  
**Sour Cream**  
**Baby Carrots**  
**Fresh Fruit** | **Tossed Salad**  
**Vegetarian Chili**  
**Baked Potato**  
**Broccoli**  
**Topical Fruit salad** | **Closed Labor Day** | **Chicken Soup**  
**Moroccan Chicken**  
**Rice Pilaf**  
**Peas and Carrots**  
**Challah** |
| **JCS Kosher Meals on Wheels is supported by:**  
The Jewish Alliance of Greater RI & Meals on Wheels of RI | **Onion Soup**  
**Crumb Top Fish**  
**Rice Pilaf**  
**Steamed Broccoli**  
**Fresh Fruit** | **Tossed Salad**  
**Potato Knish**  
**Three Bean Salad**  
**Beet Salad**  
**Fresh Fruit** | **Closed Labor Day** | **Chicken Soup**  
**Meatloaf W/ Gravy**  
**Roasted Potatoes**  
**Sautéed Zucchini**  
**Challah, Peach Crisp** |
| **3** | **4** | **5** | **8** | **9** |
| **Tossed Salad**  
**Cheese Pizza**  
**Three Bean Salad**  
**Chilled Peaches** | **Barley Soup**  
**Vegetable Quesadilla**  
**Sour Cream & Salsa**  
**Yellow Rice W/ Beans**  
**Vanilla Pudding** | **Beet Borscht**  
**Bagels & Lox**  
**Cream Cheese, Tomato Lettuce, & Red Onion**  
**Melon** | **Closed Labor Day** | **Chicken Soup**  
**Orange Chicken**  
**Rice Pilaf**  
**Green Beans**  
**Challah Cake** |
| **12** | **13** | **14** | **15** | **16** |
| **Vegetable Soup**  
**Cheese Quiche**  
**String Beans**  
**Home Fries**  
**Fresh Fruit** | **Corn Chowder**  
**Lemon Fish**  
**Zucchini**  
**Mashed Potatoes**  
**Chunked Pineapple** | **Mushroom Barley Soup**  
**Chef Salad w/ Tuna & Egg**  
**Multi Grain Bread**  
**Chocolate Pudding** | **Closed Labor Day** | **Chicken Soup**  
**Stuffed Pepper**  
**Brown Rice**  
**Green Beans**  
**Challah, Apple Cake** |
| **19** | **20** | **21** | **22** | **23** |
| **Bean Soup**  
**Baked Ziti**  
**Mixed Vegetables**  
**Fresh Fruit** | **Spiral Vegetable Soup**  
**Spinach Pie**  
**Lentils & Rice**  
**Fresh Fruit** | **Spiral Vegetable Soup**  
**Egg Salad Sandwich**  
**Tossed Salad**  
**Potato Chips**  
**Fresh Fruit** | **Closed Labor Day** | **Chicken Soup**  
**Roasted Chicken**  
**Sweet Potatoes**  
**Green Beans**  
**Challah** |
| **26** | **27** | **28** | **29** | **30** |
| **Closed Rosh Hashanah** | **Closed Rosh Hashanah** | **Lentil Soup**  
**Crumb Top Fish**  
**Egg Noodles**  
**Sautéed Broccoli**  
**Chocolate Pudding** | **Vegetable Soup**  
**Egg Salad Sandwich**  
**Tossed Salad**  
**Potato Chips**  
**Fresh Fruit** | **Closed Rosh Hashanah** |
On Zoom - or in Person

Join us on Zoom using this link:
https://us02web.zoom.us/j/7316265990?pwd=dnAYRFdVZXJDUmhBSEphNko2MVF4dz09
Or Call: 1-929-205-6099
Meeting ID: 731 626 5990
Passcode: 655768

In-Person (at the Dwares JCC) & on Zoom Meetings - Every Tuesday and Thursday
11:00-12:00 (unless otherwise noted)

- 9/1 Susie’s Corner with Susie Adler, Coordinator of Jewish Elder Care RI
- 9/6 Chair Yoga with Tony
- 9/8 Rosh Hashanah Traditions
- 9/9 Rabbi Yossi Laufer In-Person Fridays (at the Temple Sinai Kosher Senior Cafe’)
- 9/13 Chair Yoga with Neal
- 9/15 Book Club (The nesting dolls : a novel / Alina Adam)
- 9/16 “Senior Prom” In-Person Fridays at the Dwares JCC
- 9/20 Chair Yoga with Tony
- 9/21 Baking with Neal & Elaine In-Person at the Dwares JCC
- 9/22 Rosh Hashanah Traditional foods, bring your recipes to share
- 9/23 Rosh Hashanah Model Service with Susie Adler In-Person Fridays (at the Temple Sinai Kosher Senior Cafe’)
- 9/29 Chair Yoga with Neal

Save the Dates:
- 9/16 “Senior Prom” In-Person Fridays at the Dwares JCC
- 12/16 Hanukkah Party at the JCC

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