



Kosher Meals on Wheels

SEPTEMBER 2022

MON	TUE	WED	THU	FRI
<p>Contact Meals on Wheels with concerns regarding food allergies: 401-351-6700</p> <p>JCS Kosher Meals on Wheels is supported by: The Jewish Alliance of Greater RI & Meals on Wheels of RI</p>			<p>Lentil Soup 1 Noodle Kugel Sour Cream Baby Carrots Fresh Fruit</p>	<p>Chicken Soup 2 Moroccan Chicken Rice Pilaf Peas and Carrots Challah</p>
<p>3 Closed Labor Day</p>	<p>4 Tossed Salad Cheese Pizza Three Bean Salad Chilled Peaches</p>	<p>5 Onion Soup Crumb Top Fish Rice Pilaf Steamed Broccoli Fresh Fruit</p>	<p>8 Tossed Salad Vegetarian Chili Baked Potato Broccoli Topical Fruit salad</p>	<p>9 Chicken Soup Meatloaf W/ Gravy Roasted Potatoes Sautéed Zucchini Challah, Peach Crisp</p>
<p>12 Vegetable Soup Cheese Quiche String Beans Home Fries Fresh Fruit</p>	<p>13 Barley Soup Vegetable Quesadilla Sour Cream & Salsa Yellow Rice W/ Beans Vanilla Pudding</p>	<p>14 Beet Borscht Bagels & Lox Cream Cheese, Tomato Lettuce, & Red Onion Melon</p>	<p>15 Vegetable Soup Potato Knish Three Bean Salad Beet Salad Fresh Fruit</p>	<p>16 Chicken Soup Orange Chicken Rice Pilaf Green Beans Challah Cake</p>
<p>19 Bean Soup Baked Ziti Mixed Vegetables Fresh Fruit</p>	<p>20 Vegetable Soup Spinach Pie Lentils & Rice Fresh Fruit</p>	<p>21 Corn Chowder Lemon Fish Zucchini Mashed Potatoes Chunked Pineapple</p>	<p>22 Mushroom Barley Soup Chef Salad w/ Tuna & Egg Multi Grain Bread Chocolate Pudding</p>	<p>23 Chicken Soup Stuffed Pepper Brown Rice Green Beans Challah, Apple Cake</p>
<p>26 Closed Rosh Hashanah</p>	<p>27 Closed Rosh Hashanah</p>	<p>28 Lentil Soup Crumb Top Fish Egg Noodles Sautéed Broccoli Chocolate Pudding</p>	<p>29 Vegetable Soup Egg Salad Sandwich Tossed Salad Potato Chips Fresh Fruit</p>	<p>30 Chicken Soup Roasted Chicken Sweet Potatoes Green Beans Challah</p>

If you would like to receive delivery of Kosher Meals on Wheels PLEASE CALL; NEAL # 401-421-4111 X 107

Meals are delivered to your door 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, for Activities **See backside for the weekly schedule!**



On Zoom - or in Person

Join us on Zoom using this link:

<https://us02web.zoom.us/j/7316265990?pwd=dnAyRFdVZXJDUmhBSEphNko2MVV4dz09>

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