Kosher Meals on Wheels

SEPTEMBER 2023 MEALS

MON	TUE	WED	THU	FRI
				1 Soup **Orange Salmon** Rice Pilaf Green Beans Cake, Challah
4 Closed Labor Day	**5** Soup **Grilled Cheese with Tomatoes** Potato Chips Fresh Fruit	**6** Soup **L/S Hot Dog** Baked Beans Coleslaw Fresh Fruit	**7** Tossed Salad **Vegetarian Chili** Baked Potato Broccoli Fruit	**8** Soup **Pesto Chicken** Bowties Sautéed Zucchini Peach Crisp Challah
11 Soup **French Toast, Yogurt, & Granola** Fresh Fruit	**12** Soup **Veggie Quesadilla** Sour Cream & Salsa Yellow Rice with Beans Vanilla Pudding	**13** Soup **Bagels & Lox** Cream Cheese Lettuce, Tomato, & Red Onion Melon	**14** Israeli Salad **Falafel** Hummus Pita Bread Fresh Fruit	**15** Soup **Moroccan Chicken** Rice Pilaf Peas & Carrots Honey Cake Challah
18 Soup **Cheese Ravioli** Mixed Vegetables Fresh Fruit	**19** Soup **Deli Sandwich** Vegetable Sticks Potato Chips Fresh Fruit	**20** Soup **Chicken Stir Fry** Brown Rice Bananas	**21** Soup **Chef Salad with Tuna & Egg** Multi Grain Bread Tapioca Pudding	**22** Soup **Stuffed Cabbage** Mashed Potatoes Carrot Muffins Apple Cake Challah
25 Closed YOM KIPPUR	**26** Caeser Salad **Swedish Meatballs & Egg Noodles** Carrots Fresh Fruit	**27** Soup **Mushroom Pizza** Caesar Salad Fresh Fruit	**28** Soup **Greek Spinach Pie** Lentils and Rice Fresh Fruit	**29** Soup **Grilled Chicken** Sweet Potatoes Green Beans Challah

Suggested $3.00 Donation

Reservations are Required
Please call Neal Drobnis
401-421-4111 X 107

Meals will be delivered to your home
2 Meals on Monday
2 Meals on Wednesday
1 Meal on Friday

Contact
Maya at Meals on Wheels with concerns regarding food allergies:
401-351-6700 Ext. 113

Join us on Zoom
for Activities before lunch!
See back side for the weekly schedule!

Sponsored by

JEWISH ALLIANCE of Greater Rhode Island

Meals on Wheels OF RHODE ISLAND

SEPTEMBER 2023 ACTIVITIES

MON	TUE	WED	THU	FRI
				1 **Senior Prom** At the Dwares JCC
4 Closed Labor Day	5 Jewish Workers & Trade Unions	6 Chair Yoga with Neal	7 Yoga with Tony	8 Rosh Hashanah With Susie Adler
11 Who are our Heros	12 History of Jewish Schooling in America	13 Chair Yoga with Neal	14 25 Classic Jewish Foods	15 September Birthday Celebrations with Susan McLeod
18 Three Lessons the Earth Teaches Me Each Fall	19 Field Trip to the Museum of Work and Culture	20 Chair Yoga with Neal	21 Book Chat with Neal	22 Comedian Frank O' Donnell
25 Closed For Yom Kippur	26 What I learned from Having Purple Hair	27 Field Trip tour of Western Rhode Island Fall Foliage	28 Chair Yoga with Neal	29 Diversity and Inclusion with Janelle

Tuesday and Thursday activities are on Zoom and in-person, at the Dwares JCC
Friday are in-person only at Temple Sinai, unless otherwise noted

Wednesdays are in-person at Dwares JCC, and on Zoom
Chair Yoga with Neal
11:00-11:45
Call: 401-421-4111 x107

UPCOMING EVENTS

9/1
Senior Prom
At the Dwares JCC
9/19
Field Trip
Museum of work and Culture
9/22
Comedian
Frank O'Donnell

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