

Meals On Wheels

Kosher Menu-February 2012

W.R.A.A.A., J.F.S.A. and Menorah Park Center For Senior Living

For information, call 216.378.3467

Nutrition Coordinator: Janice Davis M.S., R.D.L.

Menu Approval: Janice Davis

Menus Written By: Art Kitch

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Split Pea Soup Moroccan Chicken Confetti Rice Spinach Cauliflower Gremoulade Orange Bread/Margarine/Milk Chocolate Chip Cookie	2 Vegetable Soup Beef Tips/Mush. On. Parsley/Noodles Broccoli Wax Beans/ Pimento Banana Bread/Margarine/Milk	3 Chicken Farfel Potato Crusted Tilapia Whole Grain Barley Lima Beans Diced Beets Apple Bread/Margarine/Milk
6 Minestrone Soup Pepper Steak Brown Rice Peas/Mushrooms Oriental Blend Tangerine Bread/Margarine/Milk	7 Chicken Orzo Soup Maple Glaze Chicken Butterfly Noodles Sweet Potatoes California Blend Apple Sauce Bread/Margarine/Milk	8 Lentil Soup Hungarian Meatballs Toasted Farfel Mashed Potatoes Zucchini/Leeks Orange Bread/Margarine/Milk Banana Bread	9 Navy Bean Soup Chicken Noodle Casserole Tex Mex Corn Broccoli Banana Bread/Margarine/Milk	10 Tomato Cabbage Soup Baked Fish Wild Rice Blend Ginger Carrots Spinach/Red Pepper Apple Bread/Margarine/Milk
13 Vegetable Barley Beef a Roni Broccoli Gremoulade Scalloped Apples Tangerine Bread/Margarine/Milk	14 Chicken Gumbo Breaded Baked Fish Herbed Orzo Green Bean Casserole Dilled Carrots Apple Sauce Bread/Margarine/Milk	15 Pasta Faziole South West Chicken Spanish Rice Tex Mex Corn Black Eyed Peas&Greens Orange Bread/Margarine/Milk Fruited Jell-o	16 Pumpkin Soup Glazed Meatloaf Noodles/Bread Crumbs Beets Lima Beans Banana Bread/Margarine/Milk	17 Chicken Wild Rice Chicken Marengo Pasta Provencal California Blend Peas Apple Bread/Margarine/Milk
20 Butter Nut Squash Chicken Ala King Rice Pilaf Peas Baby Carrots Tangerine Bread/Margarine/Milk	21 Chicken Noodle Swedish Meatballs Bow Tie and Kasha Garlic Green Beans Corn Apple Sauce Bread/Margarine/Milk	22 Vegetarian Vegetable Beef Burgundy Cous Cous Russian Potatoes 5 Way Mix Vegetable Orange Bread/Margarine/Milk Pudding & Fruit	23 Split Pea BBQ Chicken Brown Wild Rice Baked Beans Spinach Banana Bread/Margarine/Milk	24 Chicken Barley Pretzel Tilapia Egg Barley Zucchini/Tomato Wax Bean/Red Pepper Apple Bread/Margarine/Milk
27 Mushroom Barley Oven Fried Chicken Mushroom Farfel Honey Carrots Green Bean Casserole Tangerine Bread/Margarine/Milk	28 Chicken Rice Stuffed Cabbage Onion Noodles Zucchini & Leek Mashed Potatoes Apple Sauce Bread/Margarine/Milk	29 Butternut Squash Soup Chicken Schnitzel Parsley Noodles Sweet & Sour Cabbage Lima Beans Orange Bread/Margarine/Milk Brownies	We will be providing milk in each box. Please remember Jewish Law Forbids mixing Meat and dairy.	