

Meals On Wheels

Kosher Menu-2024

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

NOVEMBER 2025

For information, call 216.378-3467

Nutrition Coordinator: Ann Stahlheber, M.S., R.D., L.D.

Menu Approval: **Ann Stahlheber, M.S., R.D., L.D.**

Menus Written By: Art Kitch Dietary General Manager

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
We will be providing milk in each box. Please remember Jewish Law Forbids mixing Meat and dairy.				01 Minestrone Soup 6 oz Chicken Cacciatore 4 oz Pasta Provencal ½ c 5 Way Mix ½ c Scalloped Apples ½ c Cranberry Juice 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
04 Tom/Cabbage Soup 6 oz General Taos Chicken 4 oz Brown Rice ½ c Oriental Blend ½ c 5 Spice Yams ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	05 Chicken Rice Soup 6 oz Beef Burgundy 4 oz Bowtie Pasta ½ c Beets ½ c 5 Way Vegetables ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz Fudge Brownie 2.5 oz	06 Navy Bean Soup 6 oz Chicken Francaise 4 oz Wild Rice ½ c Corn ½ c California Blend ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	07 Pumpkin Soup 6 oz Stuffed Cabbage 6 oz Whole Grain Barley ½ c Mashed Potatoes ½ c Peas ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	08 Chicken Barley Soup 6 oz Potato Crusted Tilapia 4 oz Lemon Dill Orzo ½ c Green Beans ½ c Sliced Carrots ½ c Cranberry Juice 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
11 Chicken Noodle 6 oz Pretzel Crusted Tilapia 4 oz Couscous ½ c California Blend ½ c Corn ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	12 Mushroom Barley 6 oz Beef Stew 4 oz Stew Vegetable ½ c Egg Barley ½ c Zucchini ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	13 Potato Soup 6 oz Turkey Salisbury 4 oz Brown Rice ½ c Peas ½ c Carrots ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	14 Chicken Orzo Soup 6 oz Chopped Beef Steak 6 oz Farfel ½ c 5 Way Vegetable ½ c Mashed Potatoes ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	15 Split Pea Soup 6 oz Rice Crispy Chicken 7 oz Wild Rice ½ c Roasted Red Skins ½ c Capri Blend ½ c Apple Sauce 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
18 Tom/Cabbage Soup 6 oz Baked Fish 4 oz Wild Rice Blend ½ c Beets ½ c California Blend ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	19 Corn Chowder 6 oz Montreal Chicken 7 oz Egg Barley ½ c Zucchini ½ c Corn ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz Pumpkin Bread 2.5 oz.	20 Pumpkin Soup 6 oz Beef A Roni 8 oz Scalloped Apples ½ c Green Beans ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz z.	21 Vegetable Soup 6 oz Stuffed Pepper 6 oz Kasha & Bowtie ½ c Mashed Potatoes ½ c Spinach / Red Pepper ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	22 11-25-25 Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz

25 Vegetable Soup 6 oz Steak Tips 4 oz Israeli Couscous ½ c Peas & Red Pepper ½ c Mashed Potatoes ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	26 Chicken Rice Soup 6 oz Oven Fried Chicken 7 oz Brown Rice ½ c Corn ½ c California Blend ½ c Prune Juice 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	27 thanksgiving Pumpkin Soup 6 oz Roast Turkey 4 oz Bread Dressing ½ c Sweet Potatoes ½ c Green Bean Casserole ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	28 Potato Soup 6 oz Turkey Burger 4 oz Parsley Noodles ½ c Red Cabbage ½ c 5 Way Vegetables ½ c Banana Whole Grain Bun Condiment PC's 1% Milk 8 oz	29 Italian Chicken Soup 6 oz Oven Fried Fish 4 oz Parve Mac & Cheese ½ c Carrots 4 oz Peas ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
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