

Meals On Wheels

Kosher Menu-2025

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

DECEMBER 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
02 Split Pea Soup 6 oz Swedish Meatballs 4 oz Wild Brown Rice ½ c Capri Blend ½ c Sweet Potatoes ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	03 Chicken Noodle Soup 6 oz Turkey loaf 4 oz Farfel ½ c Green Beans ½ c Russian Potatoes ½ c Apple Sauce 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz Fudge Brownie 2.5 oz	04 Minestrone Soup 6 oz Oven Baked Fish 4 oz Parsley Noodles ½ c 5 Way Mixed Vegetables ½ c Beets ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	05 Chicken Gumbo Soup 6 oz Meat Sauce 4 oz Penne Pasta ½ c 5 Way Blend ½ c Scalloped Apples ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	06 Pasta Fagioli Soup 6 oz Sweet & Sour Chicken 4 oz Oriental Blend ½ c Stir Fried Rice ½ c Ginger Carrots ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
9 Navy Bean Soup 6 oz Chicken Paprikash 4 oz Egg Barley ½ c Red Cabbage ½ c Peas ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	10 Chicken Barley Soup 6 oz Stuffed Cabbage 6 oz Farfel ½ c Mashed Potatoes ½ c Green Beans ½ c Cranberry Juice 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	11 Lentil Soup 6 oz Turkey Bean Chili 8 oz Wild Rice Blend ½ c Corn ½ c Zucchini ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	12 Mushroom Onion Soup 6 oz Beef Stroganoff 4 oz Parsley Noodles ½ c Capri Blend ½ c Beets ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	13 Chicken Farfel Soup 6 oz Maryland Tilapia 4 oz Lemon Dill Rice ½ c Roasted Red Skins ½ c California Blend ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
16 3rd han Minestrone Soup 6 oz BBQ Chicken 7 oz Potato Latke ½ c California Blend ½ c Baked Beans ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	17 4th han Chicken Rice Soup 6 oz Moroccan Beef 4 oz Whole Grain Barley ½ c Green Beans ½ c Butternut Squash ½ c Apple Sauce 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz Chocolate Chip Cookie 1.5 oz	18 5th han Mushroom Barley 6 oz White Fish Cake 4 oz Egg Barley ½ c Broccoli ½ c Wax Beans ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	19 6th han Chicken Barley Soup 6 oz Knockwurst 4 oz Seasoned Farfel ½ c Baked Beans ½ c Zucchini ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	20 7th han Chicken Matzo Ball 6 oz Chicken Stroganoff 8 oz Carrots ½ c Potato Latke 1/2c Peas ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
23 Lentil Soup 6 oz Oven Fried Chicken 7 oz Wild Brown Rice ½ c Potato Latkes 4 oz Green Beans ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	24 Chicken Orzo Soup 6 oz Beef Stew 4 oz Parsley Noodles ½ c Peas ½ c Stew Vegetables ½ c Cranberry juice 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	25 Beef Noodle Soup 6 oz Stuffed Cabbage 6 oz Egg Barley ½ c Mashed Potatoes ½ c Zucchini ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	26 Chicken Gumbo Soup 6 oz Turkey Bolognese/Pasta 8 oz Sliced Carrots ½ c Broccoli ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	27 Navy Bean Soup 6 oz Salmon Croquet 4 oz Lemon Orzo ½ c Potato Latke 4 oz Capri Blend ½ c Apple Sauce ½ c Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz
30 Mushroom Barley 6 oz Sweet & Sour Chicken 4 oz Jasmine Rice ½ c Ginger Carrots ½ c Oriental Blend ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz	31 Tom/Cabbage Soup 6 oz Salisbury Steak 4 oz Mushroom Farfel ½ c Mashed Potatoes ½ c Peas ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz Sugar Cookie 1.5 oz oz			We Will Be Providing Milk Please Remember That Jewish Law Forbids The Mixing Of Meat & Dairy