

# KOSHER MEALS ON WHEELS

## NOVEMBER-APRIL MENU

CHICKEN/TURKEY	BEEF	VEGETARIAN	FISH	ASIAN
#1 Turkey a la King Mashed Potatoes Green Beans	#5 Beef Goulash Green Beans	#9 Blintz Souffle Spiced Apples Tuscany Blend Vegetables	#13 Lemon Pepper Fish Rice Pilaf Baby Carrots	#17 Chicken Chow Mein Steamed Rice Veggie Egg Roll
#2 Turkey Meatloaf Mashed Potatoes Peas/Carrots	#6 Beef Tips & Gravy Parsley Egg Noodles Brussels Sprouts	#10 Breakfast French Toast Scrambled Eggs Diced Potatoes	#14 Pecan Crusted Fish Rice Pilaf Green Beans	#18 Beef Broccoli Stir Fry Steamed Rice Veggie Egg Roll
#3 Chicken Quarter Roasted Red Potatoes Broccoli	#7 Sweet & Sour Meatballs Steamed Rice Baby Carrots	#11 Three Cheese Lasagna Mixed Vegetables	#15 Batter Fish Roasted Potatoes Pea/Carrot mix	#19 Vegetarian Stir Fry Steamed Rice Veggie Egg Roll
#4 Chicken Cacciatore Steamed Rice Snap Peas	#8 Beef Brisket Roasted Red Potatoes Mixed Vegetables	#12 Vegetarian Chili Steamed Corn Cornbread	#16 Herb Crusted Fish Roasted Potatoes Mixed Vegetables	#20 Orange Chicken Fried Rice Veggie Egg Roll

\*Meals come as described above – NO SUBSTITUTIONS\*

BEVERAGE CHOICES	MENU SIDE ITEM CHOICES
#1 Orange Juice	#1 Bread & Butter
#2 Apple Juice	#2 Fruit Cup
#3 Cranberry Juice	#3 Applesauce
#4 2% Milk	#4 Cookie
#5 Skim Milk	#5 Pudding Cup
#6 V8 Vegetable Juice (*limit 3 V8 per week)	