

**KOSHER MEALS ON WHEELS**  
**MAY 2022 – OCTOBER 2022 MENU**

<b>CHICKEN/TURKEY</b>	<b>BEEF</b>	<b>VEGETARIAN</b>	<b>FISH</b>	<b>ASIAN</b>
#1 Roasted Turkey Sage Bread Stuffing Green Beans	#5 Spaghetti & Meatballs Green Beans	#9 Macaroni & Cheese Broccoli	#13 Lemon Pepper Sole Rice Pilaf Baby Carrots	#17 Chicken Stir Fry Steamed Rice Veggie Egg Roll
#2 Turkey Meatloaf Mashed Potatoes Broccoli/Cauliflower Mix	#6 Beef Pot Roast Potatoes and carrots Green Peas	#10 Breakfast Pancake Scrambled Eggs Diced Potatoes	#14 Parmesan Cod Rice Pilaf Green Beans	#18 Beef Lo Mein Mixed Vegetables Veggie Egg Roll
#3 Chicken Quarter Roasted Red Potatoes Snap Peas	#7 Beef Shepherd's Pie Mashed Potatoes Diced Carrots	#11 Vegetarian Spaghetti Cauliflower	#15 Breaded Fish Roasted Potatoes Pea/Carrot mix	#19 Teriyaki Chicken Steamed Rice Broccoli
#4 Chicken Stew Mashed Potatoes Brussel Sprouts	#8 Beef Brisket Potato Kugel Mixed Vegetables	#12 Cheese Enchiladas Spanish Rice Roasted Corn	#16 Herb Crusted Fish Parsley Egg Noodles Mixed Vegetables	#20 Vegetarian Stir Fry Steamed Rice Veggie Egg Roll

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

<b>BEVERAGE CHOICES</b>	<b>MENU SIDE ITEM CHOICES</b>
#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 V-8 Vegetable Juice <i>(*No more than 3 orders per week*)</i>	