



KOSHER HOME DELIVERED MEALS MENU JULY 2010

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| \$3.00 donation per meal is requested To cancel meal please contact Springwell at (617) 972-5700 Menu subject to change. | | | 1) Stuffed Cabbage Mixed Vegetables Boiled Potato Dark Rye Bread Fruit Cocktail | 2) Herb Roasted Chicken Zucchini Noodle Kugel Wheat Bread Cantaloupe |
| 5) Independence Day Holiday No Meal Service | 6) BBQ Chicken Corn Steamed Rice Roll Orange | 7) American Chop Suey Peas Dark Rye Bread Pineapple | 8) Herb Roasted Chicken Stuffing Winter Squash Wheat Bread Cantaloupe | 9) Beef Stew Mashed Potato Mixed Vegetables Challah Fruit Cocktail |
| 12) Stuffed Cabbage Roasted Potatoes Green Beans Rye Bread Cake | 13) Chicken Chow Mein Rice Carrots Soft Roll Orange | 14) Meatballs & Shells Broccoli Light Rye Bread Tropical Fruit | 15) Honey Roasted Chicken Boiled Potatoes Green Beans Challah Apple | 16) Baked Fish Spinach Sweet Potato Wheat Bread Apricots |
| 19) Burger Patty w/ Gravy Mashed Potatoes Peas Rye Bread Cake | 20) Chicken Pot Pie White Rice Carrots Soft Roll Orange | 21) Baked Fish Sweet Potato Broccoli Challah Pineapple | 22) Salisbury Steak Mashed Potatoes Green Beans Dark Rye Bread Fruit Cocktail | 23) Lemon Pepper Chicken Roasted Potatoes Winter Squash Wheat Bread Apple |
| 26) Stuffed Shells Corn Soft Roll Orange | 27) Honey Roasted Chicken Mashed Potatoes Oriental Vegetables Wheat Bread Cake | 28) American Chop Suey Broccoli Rye Bread Apple | 29) Baked Salmon Roasted Potatoes Peas Wheat Roll Lemon Pudding | 30) Roasted Chicken Rice Pilaf Winter Squash Soft Roll Pineapple |