



KOSHER HOME DELIVERED MEALS MENU February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1) Baked Salmon Wax Beans Roasted Potatoes Light Rye Bread Pudding	2) Meatloaf w/Gravy Mashed Potatoes Peas Challah Fresh Fruit	3) Oven Fried Chicken Mixed Vegetables Rice Pilaf Wheat Bread Canned Fruit
6) Beef Knish French Green Beans Mashed Potatoes Light Rye Bread Cake	7) Chicken Livers Peas & Pearl Onions Steamed Rice Roll Fresh Fruit	8) Baked Fish Carrots Mashed Potatoes Challah Pudding	9) Stuffed Cabbage Mixed Vegetables Boiled Potato Dark Rye Bread Fresh Fruit	10) Herb Roasted Chicken Zucchini Noodle Kugel Wheat Bread Canned Fruit
13) Swedish Meatballs Egg Noodles Baby Carrots Rye Bread Cake	14) BBQ Chicken Corn Steamed Rice Roll Fresh Fruit	15) American Chop Suey Peas Rye Bread Canned Fruit	16) Herb Roasted Chicken Stuffing Winter Squash Wheat Bread Fresh Fruit	17) Beef Stew Mashed Potato Mixed Vegetables Challah Canned Fruit
20) President's Day Holiday No Meal Service	21) Chicken Chow Mein Rice Carrots Soft Roll Fresh Fruit	22) Meatballs & Shells Broccoli Rye Bread Canned Fruit	23) Honey Roasted Chicken Boiled Potatoes Green Beans Challah Fresh Fruit	24) Baked Fish Spinach Sweet Potato Wheat Bread Pudding
27) Burger Patty w/ Gravy Mashed Potatoes Peas Rye Bread Cake	28) Chicken Pot Pie White Rice Carrots Soft Roll Fresh Fruit	29) Baked Fish Sweet Potato Broccoli Challah Pudding	\$3.00 donation per meal is requested To cancel meal please contact Springwell at (617) 972-5700 Menu subject to change.	