



KOSHER HOME DELIVERED MEALS MENU AUGUST 2010

Monday	Tuesday	Wednesday	Thursday	Friday
2) Beef Stew Broccoli Dark Rye Bread Cake	3) Apricot Roasted Chicken Sweet Potato Corn Roll Tropical Fruit	4) Baked Salmon Wax Beans Roasted Potatoes Light Rye Bread Apricots	5) Meatloaf w/Gravy Mashed Potatoes Peas Challah Apple	6) Oven Fried Chicken Mixed Vegetables Rice Pilaf Wheat Bread Orange
9) Beef Knish French Green Beans Mashed Potatoes Light Rye Bread Cake	10) Chicken Livers Peas & Pearl Onions Steamed Rice Roll Orange	11) Baked Fish Carrots Mashed Potatoes Challah Pineapple	12) Stuffed Cabbage Mixed Vegetables Boiled Potato Dark Rye Bread Fruit Cocktail	13) Herb Roasted Chicken Zucchini Noodle Kugel Wheat Bread Cantaloupe
16) Swedish Meatballs Egg Noodles Baby Carrots Light Rye Bread Cake	17) BBQ Chicken Corn Steamed Rice Roll Orange	18) American Chop Suey Peas Dark Rye Bread Pineapple	19) Herb Roasted Chicken Stuffing Winter Squash Wheat Bread Cantaloupe	20) Beef Stew Mashed Potato Mixed Vegetables Challah Fruit Cocktail
23) Stuffed Cabbage Roasted Potatoes Green Beans Rye Bread Cake	24) Chicken Chow Mein Rice Carrots Soft Roll Orange	25) Meatballs & Shells Broccoli Light Rye Bread Tropical Fruit	26) Honey Roasted Chicken Boiled Potatoes Green Beans Challah Apple	27) Baked Fish Spinach Sweet Potato Wheat Bread Apricots
30) Burger Patty w/ Gravy Mashed Potatoes Peas Rye Bread Cake	31) Chicken Pot Pie White Rice Carrots Soft Roll Orange		\$3.00 donation per meal is requested To cancel meal please contact Springwell at (617) 972-5700 Menu subject to change.	