

# Meals On Wheels

*Kosher Menu-February 2025*

*W.R.A.A.A., J.F.S.A. and Menorah Park Center For Senior Living*

For information, call 216.378.3467

**Nutrition Coordinator: Ann Stahlheber, M.S., R.D., L.D.**

Menu Approval: **Ann Stahlheber, MS., R.D., LD**

Menus Written By: Art Kitch Dietary General Manager

<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p>04 Chicken Barley Soup 6 oz Pasta &amp; Meat Sauce 8 oz Scalloped Apples ½ c Green Beans ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz</p>	<p>05 Mushroom Soup 6 oz Salmon Patty 4 oz Israeli Couscous ½ c Broccoli ½ c Beets ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz Oatmeal Cranberry Cookie 1.5</p>	<p>06 Pasta Fagioli 6 oz South West Turkey 4 oz Spanish Rice ½ c Tex Mex Corn ½ c Black Eye Peas ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz</p>	<p>07 Chicken Noodle 6 oz Glazed Meatloaf 4 oz Mushroom Farfel ½ c 5 Way Blend ½ c Beets ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz</p>	<p>08 Pumpkin Soup 6 oz Hunters Chicken 7 oz. Pasta Provencal ½ c Wax Beans ½ c California Blend ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz</p>
<p>11 Potato Soup 6 oz Turkey Ala King 4 oz Rice Pilaf ½ c Peas ½ c Ginger Carrots ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz</p>	<p>12 Chicken Noodle 6 oz Stuffed Pepper 6 oz Bow Tie and Kasha ½ c Green Beans ½ c Mashed Potatoes ½ c Apple Sauce 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz Pudding &amp; Fruit 4 oz</p>	<p>13 Vegetarian Vegetable 6 oz Beef Burgundy 4 oz Couscous ½ c Russian Potatoes ½ c 5 Way Mix Vegetable ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz</p>	<p>14 Split Pea Soup 6 oz BBQ Chicken 7 oz Brown ½ c Baked Beans ½ c California Blend ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz</p>	<p>15 Chicken Barley 6 oz White Fish Cake 4 oz Egg Barley ½ c Capri Blend ½ c Corn ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz</p>
<p>18 Mushroom Barley 6 oz Tilapia Florentine 4 oz White Rice ½ c Dilled Carrots ½ c Peas ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz</p>	<p>19 Chicken Rice 6 oz Stuffed Cabbage 6 oz Bow Tie/Bread Crumb ½ c Green Beans ½ c Mashed Potatoes ½ c Cranberry Juice 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz Fudge Brownie 2.5 oz</p>	<p>20 Vegetable Soup 6 oz Rice Crispy Chicken 7 oz Toasted Egg Barley ½ c Purple Cabbage ½ c Zucchini ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz</p>	<p>21 Tom/Cabbage Soup 6 oz Beef Stroganoff 4 oz Parsley/Noodles ½ c California Blend ½ c Beets ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz</p>	<p>22 Chicken Farfel 6 oz Turkey Loaf 4 oz Whole Grain Barley ½ c 5 Way Mix Veg ½ c Red Skins ½ c Apple Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz</p>
<p>25 Chicken Gumbo 6 oz (NEW) Orange Turkey 4 oz Brown Rice ½ c Ginger Carrots ½ c Broccoli ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz</p>	<p>26 Chicken Farfel Soup 6 oz Beef Stroganoff 4 oz Bowties ½ c Roasted Redskin Potatoes ½ c Green Bean ½ c Apple Sauce 4 oz Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz Jell-O 4 oz</p>	<p>27 Minestrone Soup 6 oz BBQ Chicken 7 oz Whole Grain Barley ½ c Baked Beans ½ c Zucchini ½ c Orange Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz</p>	<p>28 Tomato Cabbage 6 oz Stuffed Pepper 6 oz Parsley Noodles ½ c Mashed Potatoes ½ c Peas ½ c Banana Whole Grain Wheat Smart Balance Margarine 1% Milk 8 oz</p>	
<p><b>We will be providing milk in each box. Please remember Jewish Law Forbids mixing Meat and dairy</b></p>			<p>February 1<sup>st</sup> Menu For Saturday</p>	<p>01 Split Pea Soup 6 oz BBQ Chicken 7 oz Brown Wild Rice ½ c Baked Beans ½ c California Blend ½ c Banana Whole Grain Wheat Smart Balance Margarine</p>