

JFS Resources for Seniors

Kosher Meals on Wheels:

Kosher Meals are delivered Wednesdays and Fridays and is available to anyone requiring or interested in receiving prepared meals. Cost of meals vary and delivery charge is included. A short intake with the KMOW Coordinator is required to access this program. We have available fresh and frozen meals to order.

Fresh meals are delivered Wednesday and Friday together with any frozen meal or soup offered on the menu. **Frozen Soup Options at \$2.50/Soup:**

Mushroom and Barley	Italian Lentil
Butternut Squash	Mushroom
Hearty Bean	Minestrone
Pea	Carrot

Frozen Meals Options (Subject to Change) are \$8.00/meal:

Salmon Filet	Honey Mustard Chicken
Vegetarian Lasagna	Chicken in a BBQ sauce
Mac and Cheese	Pineapple Curry Meatballs
Vegetable Quiche	Chicken Paprika
Mushroom Chicken	Portuguese Chicken
General Tao Chicken	Beef stew
Meatloaf	Cabbage Rolls

Winter menu options include:
(Meals include bread and fruit offering)

COST: Wednesday \$9.00/meal and Friday Shabbat \$11.00/meal

Current Winter Menu

Week	Wednesday	Friday
One	<p>Salmon Fillet, potato, green beans</p> <p>Quiche, potato, carrots</p>	<p>Chicken Soup & Matzah balls</p> <p>Roast Turkey, potato, broccoli</p> <p>Stuffed Green Peppers, potato, Italian mix veg</p>
Two	<p>Macaroni & Cheese, mixed vegetables</p> <p>Nicoise Salad Plate, tuna, potato salad, garden salad</p>	<p>Chicken Soup & Noodles</p> <p>Roast Brisket, Roast Potato, Squash</p> <p>Chicken & Orange Sauce, roast potato, Turip</p>
Three	<p>Breaded Pollock, roast potato, green beans</p> <p>Cheese Blintzes, strawberries, sour cream</p>	<p>Chicken Soup & Matzoh Balls</p> <p>Chicken & Mushroom Sauce, mashed potato, mixed vegetables</p> <p>Sweet and Sour Meatballs, mashed potato, broccoli</p>
Four	<p>Lasagna, wax beans</p> <p>Salmon Salad Plate Salmon, potato salad, garden salad</p>	<p>Chicken Soup & Noodles</p> <p>Roast Beef, roast potato, squash</p> <p>Chicken & Pineapple Sauce, roast potato, wax beans</p>

CONTACT INFORMATION:
To order meals please call Gilda Cohen
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