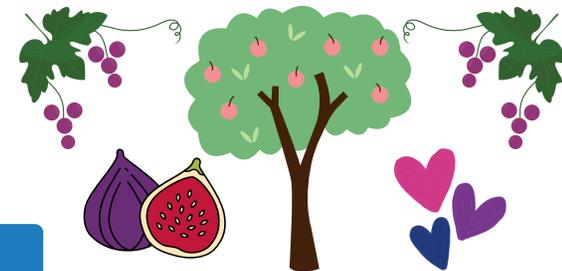




JCS' Kosher Meals on Wheels

MARCH 2026 MEALS



MON

TUE

WED

THU

FRI

2

Seafood Salad
Lettuce, Tomato,
& Cucumber
Fresh Fruit

3

Italian Chicken
Tenders
Roasted Potatoes
Green Beans
Dessert

4

Chicken &
Vegetable Soup
Matzo Ball
Fresh Fruit

5

Roasted Chicken
Vegetable Medley
Potatoes
Dessert

6

Chicken Piccata
Roasted Potatoes
Vegetable Medley
Fresh Fruit

9

Roasted Chicken
Potatoes
Roasted
Vegetables
Fresh Fruit

10

Tuna Salad
Pickle, Lettuce,
Tomato,
Cucumber
Dessert

11

Teriyaki Chicken
Roasted Potatoes
Roasted Vegetable
Fresh Fruit

12

BBQ Hot Dog
Peppers & Onions
Roasted Potatoes
Dessert

13

Salmon Bites
Roasted Potatoes
Roasted Vegetable
Dessert

16

Egg Salad
Lettuce,
Tomato,
Onion
Fresh Fruit

17

Cheese Pizza
French Fries
Roasted Vegetable
Dessert

18

BBQ Chicken Tips
Stir Fry Vegetables
Roasted Potatoes
Fresh Fruit

19

Lemon Rosemary
Salmon Bites
Roasted Potatoes
Roasted
Vegetables
Dessert

20

Chicken & Veg
Stir Fry
Potatoes
Dessert

23

Chicken Scampi
Potatoes
Cauliflower
Fresh Fruit

24

Teriyaki Chicken
Hibachi Veggies
Roasted Potatoes
Dessert

25

Salmon Bites
Quinoa
Roasted
Vegetables
Fresh Fruit

26

Pasta with Sauce
Meatballs
Roasted Veggies
Dessert

27

Chicken Schitzel
Roasted Veggies
Roasted Potatoes
Dessert

30

Chicken Burger
Tomato, Onion,
Lettuce
Dessert

31

Roasted Chicken
Potatoes
Tomato, Onion,
Lettuce
Dessert

Suggested \$3.00 Donation

Questions about
Kosher Meals on Wheels
call Neal Drobnis
401-421-4111 X 114

Meals will be delivered to
your home
2 Meals on Monday
3 Meals on Wednesday

Contact
Maya at Meals on Wheels
with concerns regarding
food allergies:
401-351-6700 Ext. 113

Join us on Zoom or in-person
for Activities before lunch!
See back side for
the weekly schedule!

**Seniors and adults with disabilities of all
faiths and backgrounds are also welcome
to receive our Kosher Meals on Wheels.**

Sponsored by





KOSHER SENIOR CAFE

- The Kosher Senior Café, held in Providence (Monday–Thursday) and in Cranston (Friday), offers delicious kosher lunches and an opportunity to socialize. For those who are unable to travel, JCS also offers Kosher Meals on Wheels.
- Activities and entertainment contribute to the social atmosphere, drawing attendees into a vibrant community.
- All seniors (regardless of religion) age 60 and older, as well as younger adults with a disability, are eligible to dine at the Kosher Senior Café.
- Reservations are required two days in advance for meals. There is a suggested donation of \$3 per meal to help cover costs of the café. (All donations are made anonymously, and no eligible participant will be turned away if they are unable to donate.) There is no charge for scheduled social activities.

MARCH 2026 ACTIVITIES

Experience our Tuesday, Wednesday, and Thursday activities firsthand at the Dwares JCC, or join us virtually LIVE on ZOOM!

[Click Here to Access Zoom](#) or look for Neal's Weekly Email!

Mondays are held at the JCC, and Friday at Temple Sinai, unless otherwise noted.

UPCOMING EVENTS

Friday, March 27th
Model Passover Seder

Friday May 29th
Senior Prom
At the Dwares JCC

If you use email and do not already receive emails from us, please contact neal@jcsri.org

MON	TUE	WED	THU	FRI
Poetry Slam ²	Women in Jewish History ³	Chair Yoga ⁴	Women Athletes ⁵	URI Strengthening your Immune System ⁶
Improv For Everyone ⁹	Jewish Queens ¹⁰	Chair Yoga ¹¹	Warning Signs of High Cholesterol ¹²	Susie Adler Jewish Life and Living ¹³
Improv For Everyone ¹⁶	7 Parts of your Body you Need to Exercise ¹⁷	Chair Yoga ¹⁸	Book Club ¹⁹	Birthday Music with Vini Ames ²⁰
Improv For Everyone ²³	Foods that Protect Aging Muscles ²⁴	Chair Yoga ²⁵	The Life Force of Liberation ²⁶	Model Passover Seder ²⁷
Improv For Everyone ³⁰	Think Deeper Live Better ³¹			