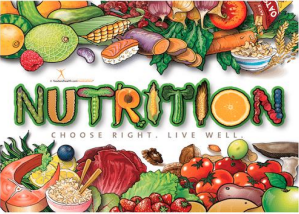


August 2025 **KOSHER HOT MEALS**

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Pulled BBQ Beef Rice Pilaf Zucchini Blend Challah Bread Pudding Apple Juice
4) Roasted Chicken Macaroni Salad Dill Carrots Wheat Bread Pears Orange Juice	5) Beef Hamburger on Bun Potato Salad Coleslaw Peaches Tomato Juice	6) Honey Chicken Farfel Mixed Vegetables Wheat Bread Applesauce Prune Juice	7) Ziti Pasta w/ Beef Meat Sauce String Beans Garlic Bread Fruit Cup Orange Juice	8) Fish Cake Roasted Potatoes Zucchini Blend Challah Orange Apple Juice
11) Sloppy Joe on Bun Baked Beans Grilled Peppers Pears Orange Juice	12) Beef Meatballs w/ Whole Wheat Spaghetti Peas & Carrots Garlic Bread Clementine Tomato Juice	13) Beef Hot Dog on Bun O'Brien Potatoes Mixed Veggies Fruit Cup Prune Juice	14) Turkey w/ Gravy Sweet Noodle Kugel Peas Wheat Bread Apple Orange Juice	15) Fried Chicken Potato Salad Grilled Vegetables Challah Bread Pudding Apple Juice
18) Grilled Chicken Rice Pilaf Scandinavian Vegetables Wheat Bread Applesauce Orange Juice	19) Meatloaf Mashed Potatoes Green Beans White Bread Peaches Tomato Juice	20) Salmon cake Couscous Dill Carrots Wheat Bread Banana Prune Juice	21) Baked Chicken Mashed Sweet Potatoes Grilled Veggies White Bread Pears Orange Juice	22) Sweet & Sour Meatballs Quinoa Peas & Carrots Challah Clementine Apple Juice
25) Fish Cake Farfel Tomato Basil Salad Wheat Bread Apple Orange Juice	26) Pulled Chicken Kasha & Bowties Mixed Veggies Wheat Bun Applesauce Tomato Juice	27) Breaded Fish Brown Rice Zucchini Blend Wheat Bread Orange Prune Juice	28) Beef Hamburger on Bun Pasta Salad Israeli salad Fruit Cup Orange Juice	29) Fried Chicken Potato Salad Grilled Veggies Challah Bread Pudding Apple Juice

Client Engagement 410-558-0923

Menu items subject to Change- We Cannot accommodate Most Food Allergies

August 2025 **KOSHER COLD MEALS**

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Whitefish Salad Garden Salad Peaches Dinner Roll Prune Juice
4) Egg Salad on Whole Wheat Grilled Peppers Fruit Cocktail Cranberry Juice	5) Mexican Turkey on Whole Grain Bread Corn Salad Pineapple Apple Juice	6) Sushi Salad Israeli Salad Pears Kaiser Roll V-8 Juice	7) Turkey on Marble Rye Red Cabbage Salad Pears Cranberry Juice	8) Whitefish Salad Pickled Beets Peaches Dinner Roll Pune Juice
11) Turkey on Whole Grain Bread Caesar Salad Pineapple Apple Juice	12) Turkey Salad on Kaiser Roll Coleslaw Pears V-8 Juice	13) Smoked Turkey on Marble Rye Hearts of Palm Salad Pears Cranberry Juice	14) Tuna Salad on Whole Wheat Raisin Carrot Salad Fruit Cocktail Cranberry Juice	15) Whitefish Salad Garden Salad Peaches Dinner Roll Prune Juice
18) Egg Salad on Whole Wheat Grilled Peppers Fruit Cocktail Cranberry Juice	19) Mexican Turkey on Whole Grain Bread Corn Salad Pineapple Apple Juice	20) Sushi Salad Israeli Salad Pears Kaiser Roll V-8 Juice	21) Turkey on Marble Rye Red Cabbage Salad Pears Cranberry Juice	22) Whitefish Salad Pickled Beets Peaches Dinner Roll Pune Juice
25) Turkey on Whole Grain Bread Caesar Salad Pineapple Apple Juice	26) Turkey Salad on Kaiser Roll Coleslaw Pears V-8 Juice	27) Smoked Turkey on Marble Rye Hearts of Palm Salad Pears Cranberry juice	28) Tuna Salad on Whole Wheat Raisin Carrot Salad Fruit Cocktail Cranberry juice	29) Whitefish Salad Garden Salad Peaches Dinner Roll Prune Juice

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Menu items subject to Change- We Cannot accommodate Most Food Allergies