


October 2025 KOSHER HOT MEALS



Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Stuffed Peppers Roasted Potatoes Green Beans Wheat Bread Fruit Cup Prune Juice	2) <i>Closed Holiday</i>	3) Fried Chicken O'Brien Potatoes Mixed Vegetables Challah Apple Juice
6) Beef Meatballs w/ Sauce WW Spaghetti Dill Carrots Wheat Bread Orange Orange Juice	7) <i>Closed Holiday</i>	8) <i>Closed Holiday</i>	9) Chili Scandinavian Vegetables Cornbread Apple Orange Juice	10) Turkey w/ Gravy Butternut Squash Grilled Vegetables Challah Bread Pudding Apple Juice
13) Beef Hotdog on Bun Baked Beans Mixed Vegetables Peaches Orange Juice	14) <i>Closed Holiday</i>	15) <i>Closed Holiday</i>	16) Meatloaf Kasha & Bowties Peas & Carrots Wheat Bread Banana Orange Juice	17) Breaded Chicken Sweet Noodle Kugel Broccoli Challah Apple
20) BBQ Beef on Wheat Bread Roasted Potatoes Zucchini Clementine Orange Juice	21) Ziti w/ Meat Sauce Mixed Veggies Garlic Bread Applesauce Tomato Juice	22) Sloppy Joes on Bun Mashed Potatoes Scandinavian Vegetables Pears Prune Juice	23) Grilled Chicken Garlic Noodles Grilled Veggies Wheat Bread Orange Orange Juice	24) Salmon Cake Brown Rice Dill Carrots Challah Bread Pudding Apple Juice
27) sweet & Sour Meatballs Farfel Peas & Carrots White Bread Apple Orange Juice	28) Hamburger on Bun Baked Beans Broccoli Fruit Cup Tomato Juice	29) Honey Chicken Rice Pilaf Scandinavian Veggies Wheat Bread Banana Prune Juice	30) Breaded Fish Couscous Green Beans White Bread Pears Orange Juice	31) BBQ Chicken Mashed Potatoes Zucchini Challah Bread Pudding Apple Juice

Client Engagement 410-558-0923

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

October 2025 KOSHER COLD MEALS Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Turkey on Whole Grain Bread Caesar Salad Pineapple Apple Juice	2) <i>Closed Holiday</i>	3) Whitefish Salad Garden Salad Peaches Dinner Roll Prune Juice
6) Turkey Salad on WW Bread Cucumber Salad Fruit Cocktail Cranberry Juice	7) <i>Closed Holiday</i>	8) <i>Closed Holiday</i>	9) Mexican Turkey On Marble Rye Red cabbage Salad Pears Cranberry Juice	10) Whitefish Salad Pickled Beets Peaches Dinner Roll Prune Juice
13) Turkey on WG Bread Caesar Salad Pineapple Apple Juice	14) <i>Closed Holiday</i>	15) <i>Closed Holiday</i>	16) Tuna Salad on WW Bread Raisin Carrot Salad Fruit Cocktail Cranberry Juice	17) Whitefish Salad Garden Salad Peaches Dinner Roll Prune Juice
20) Turkey Salad on WW Bread Cucumber Salad Fruit Cocktail Cranberry Juice	21) Salami on WG Bread Corn Salad Pineapple Apple Juice	22) Sushi Salad On Kaiser Roll Israeli Salad Pears V - Juice	23) Mexican Turkey On Marble Rye Red Cabbage Salad Pears Cranberry Juice	24) Whitefish Salad Pickled Beets Peaches Dinner Roll Prune Juice
27) Turkey on WG Bread Caesar Salad Pineapple Apple Juice	28) Egg Salad on Kaiser Roll Coleslaw Pears V- Juice	29) Smoked Turkey on Marble Rye Hearts of Palm Salad Pears Cranberry Juice	30) Tuna Salad on WW Bread Raisin Carrot Salad Fruit Cocktail Cranberry Juice	31) Whitefish Salad Garden Salad Peaches Dinner Roll Prune Juice

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