

**Know a Friend or Family member that needs Home Delivered Meals? Help is a phone call away-
410-558-0923**

August 2026 KOSHER COLD MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Natural Turkey on Marble Rye Creamy Cucmber Salad Pineapple Apple Juice	4) Egg Salad on Kaiser Roll Hearts of Palm Pears Cranberry Juice	5) Tuna Salad on WW Bread Raisin Carrot Salad Fruit Cocktail Orange Juice	6) Chicken Pasta Salad Coleslaw Pears Marble Rye Bread Tomato Juice	7) Whitefish Salad Garden Salad Peaches Dinner Roll Prune Juice
10) Turkey Salad on WW Bread Red Cabbage Salad Fruit Cocktail Apple Juice	11) Sushi Salad Balsamic Tomato Salad Pears Dinner Roll Cranberry Juice	12) Chicken Pasta Salad 3 Bean Salad Pineapple Whole Wheat Bread Orange Juice	13) Natural Turkey on Marble Rye Israeli Salad Pears Tomato Juice	14) Whitefish Salad Pickled Beets Peaches Dinner Roll Prune Juice
17) Natural Turkey on Marble Rye Creamy Cucmber Salad Pineapple Apple Juice	18) Egg Salad on Kaiser Roll Hearts of Palm Pears Cranberry Juice	19) Tuna Salad on WW Bread Raisin Carrot Salad Fruit Cocktail Orange Juice	20) Chicken Pasta Salad Coleslaw Pears Marble Rye Bread Tomato Juice	21) Whitefish Salad Garden Salad Peaches Dinner Roll Prune Juice
24) Turkey Salad on WW Bread Red Cabbage Salad Fruit Cocktail Apple Juice	25) Sushi Salad Balsamic Tomato Salad Pears Dinner Roll Cranberry Juice	26) Chicken Pasta Salad 3 Bean Salad Pineapple Whole Wheat Bread Orange Juice	27) Natural Turkey on Marble Rye Israeli Salad Pears Tomato Juice	28) Whitefish Salad Pickled Beets Peaches Dinner Roll Prune Juice
31) Natural Turkey on Marble Rye Creamy Cucmber Salad Pineapple Apple Juice				

August 2026 **KOSHER HOT MEALS**

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Hamburger on Bun Baked Beans Mixed Veggies Orange Orange Juice	4) Pulled Chicken on Bun Cajun Rice Curried Cauliflower Applesauce Tomato Juice	5) Stuffed Pepper Farfel Grilled Veggies Wheat Bread Pears Apple Juice	6) Salmon Cake w/ Tartar Sauce Kashe & Bowties Sauteed Spinach White Bread Bread Pudding Orange Juice	7) Turkey w/ Gravy Sweet Noodle Kugel Roasted Carrots Challah Fruit Cup Apple Juice
10) Salisbury Steak Mashed Potatoes Garlic Broccoli White Bread Applesauce Orange Juice	11) Beef Hot Dog on Bun Baked Beans Peas & Carrots Clementine Tomato Juice	12) Turkey Meat Sauce Ziti Noodles Zucchini Mix White Bread Banana Prune Juice	13) Baked Fish Roasted Potatoes Dill Carrots Wheat Bread Peaches Orange Juice	14) Honey Chicken Mashed Sweet Potatoes Green Beans Challah Bread Pudding Apple Juice
17) Turkey Chili Cornbread Zucchini Blend Wheat Bread Fruit Cup Orange Juice	18) Beef Bourguignon Couscous Roasted Carrots White Bread Applesauce Tomato Juice	19) Beef Hotdog on Bun Baked Beans Grilled Veggies Orange Apple Juice	20) Baked Chicken Rice Pilaf Curried Cauliflower White Bread Bread Pudding Orange Juice	21) Fish Cake w/ Tartar Quinoa Sweet Potatoes Challah Pears Apple Juice
24) Breaded Fish O'Brien Potatoes Dill Carrots White Bread Banana Orange Juice	25) Turkey Meatballs w/ Spaghetti Zucchini Mix Wheat Bread Peaches Tomato Juice	26) Chicken Bites Mashed Potatoes Green Beans White Bread Clementine Prune Juice	27) Hamburger on Bun Baked Beans Mixed Veggies Applesauce Apple juice	28) Stuffed Pepper Farfel Peas & Carrots Challah Bread Pudding Apple Juice
31) BBQ Chicken Cajun Rice Grilled Veggies Wheat Bread Pears Orange Juice				

Client Engagement 410-558-0923 **Menu items subject to Change- We Cannot accommodate Most Food Allergies**