

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

July 2026 KOSHER HOT MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Drink Plenty of Water! 	1) Breaded Fish Couscous Sweet Potatoes Wheat Bread Clementine Prune Juice	2) Hamburger on Bun Baked Beans Green Beans Pears Orange Juice	3) Offices Closed 
6) Fish Cake & Tartar Sauce Quinoa Garlic Broccoli White Bread Fruit Cup Orange Juice	7) Turkey Meatballs & Spaghetti Dill Carrots White Bread Applesauce Tomato Juice	8) Roasted Chicken Rice Pilaf Curried Cauliflower White Bread Banana Apple Juice	9) Stuffed Pepper Farfel Sauteed Spinach Wheat Bread Bread Pudding Orange Juice	10) Roast Beef w/ Gravy Roasted Potatoes Grilled Veggies Challah Fresh Orange Apple Juice
13) Roasted Chicken White Rice Zucchini & Yellow Squash White Bread Clementine Orange Juice	14) Baked Fish O'Brien Potatoes Green Beans Wheat Bread Apple Tomato Juice	15) beef Hotdog on Bun Baked Beans Creamed Corn Peaches Prune Juice	16) Turkey Chili Cornbread Sauteed Spinach White Bread Bread Pudding Orange Juice	17) BBQ Chicken Sweet Noodle Kugel Prime Edward Veggies Challah Fruit Cup Apple Juice
20) Salmon Cake w/ Tartar Sauce Kasha & Bowties Oven Roasted Carrots Wheat Bread Applesauce Orange Juice	21) Pulled Chicken w/ Bun Cajun Rice Zucchini Blend Orange Tomato Juice	22) Turkey w/ Gravy Mashed Sweet Potatoes Grilled Vegetables White Bread Fruit Cup Apple Juice	23) Closed in Observance of Tisha B'Av	24) Beef Bourguignon Couscous Sauteed Spinach Challah Bread Pudding Apple Juice
27) Chicken Bites Roasted Potatoes Peas & Carrots White Bread Banana Orange Juice	28) Ziti w/ Beef Meat Sauce Green Beans Wheat Bread Peaches Tomato Juice	29) Breaded Fish Brown Rice Curried Cauliflower White Bread Apple Prune Juice	30) Stuffed Pepper Dill Carrots Farfel Wheat Bread Clementine Orange Juice	31) Grilled Chicken O'Brien Potatoes Zucchini & Squash Challah Bread Pudding Apple Juice

July 2026

KOSHER COLD MEALS

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Chicken Pasta Salad 3 Bean Salad Pineapple WW Bread Orange Juice	2) Natural Turkey on Marble Rye Israeli Salad Pears Tomato Juice	3) Offices Closed 
6) Natural Turkey on Marble Rye Creamy Cucumber Salad Pineapple Apple Juice	7) Egg Salad on Kaiser Roll Hearts of Palm Salad Pears Cranberry Juice	8) Tuna Salad on WW Bread Raisin Carrot Salad Fruit Cocktail Orange Juice	9) Chicken Pasta Salad Coleslaw Pears Tomato Juice	10) Whitefish Salad Garden Salad Peaches Dinner Roll Prune Juice
13) Turkey Salad on WW Bread Red Cabbage Salad Fruit Cocktail Apple Juice	14) Sushi Salad Balsamic Tomato Salad Pears Dinner Roll Cranberry Juice	15) Chicken Pasta Salad 3 Bean Salad Pineapple WW Bread Orange Juice	16) Natural Turkey on Marble Rye Israeli Salad Pears Tomato juice	17) Whitefish Salad Pickled Beets Peaches Dinner Roll Prune Juice
20) Natural Turkey on Marble Rye Creamy Cucumber Salad Pineapple Apple Juice	21) Egg Salad on Kaiser Roll Hearts of Palm Salad Pears Cranberry Juice	22) Tuna Salad on WW Bread Raisin Carrot Salad Fruit Cocktail Orange Juice	23) Closed in Observance of Tisha B'Av	24) Whitefish Salad Garden Salad Peaches Dinner Roll Prune Juice
27) Turkey Salad on WW Bread Red Cabbage Salad Fruit Cocktail Apple Juice	28) Sushi Salad Balsamic Tomato Salad Pears Dinner Roll Cranberry Juice	29) Chicken Pasta Salad 3 Bean Salad Pineapple WW Bread Orange Juice	30) Natural Turkey on Marble Rye Israeli Salad Pears Tomato Juice	31) Whitefish Salad Pickled Beets Peaches Dinner Roll Prune Juice

Client Engagement 410-558-0923

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