

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

September 2026 **KOSHER HOT MEALS-** *Meals on Wheels of Central Maryland*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1) Turkey Meat Sauce w/ Ziti Pasta Dill Carrots Wheat Bread Applesauce Tomato Juice	2) Grilled Chicken Roasted Potatoes Zucchini & Squash White Bread Banana Apple juice	3) Salmon Cake w/ Tartar Sauce Couscous Garlic Broccoli White Bread Apple Orange Juice	4) Beef Bourguignon Mashed Potatoes Sauteed Spinach Challah Peaches Apple Juice
7) Labor Day Offices Closed 	8) Chicken Gumbo White Rice Zucchini Blend Wheat Bread Orange Tomato Juice	9) Beef Hot Dog on Bun Baked Beans Mixed Veggies Fruit Cup Prune Juice	10) Turkey w/ Gravy Scalloped Potatoes Honey Glazed Carrots WW Roll Applesauce Orange Juice Chocolate Chip Cookie	11) Salisbury Steak Orzo Green Beans Challah Banana Apple Juice
14) Fish Cake w/ Tartar Sauce Roasted Potatoes Peas & Carrots Wheat Bread Banana	15) Turkey Chili Cornbread Roasted Sweet Potatoes White Bread Peaches Tomato Juice	16) Pulled Chicken on a Bun Cajun Rice Curried Cauliflower Clementine Apple Juice	17) Beef Hamburger on Bun Baked Beans Zucchini Blend Apple Orange Juice	18) Stuffed Pepper Sweet Noodle Kugel Grilled Vegetables Challah Applesauce Apple juice
21) Closed for Holiday Observance	22) Honey BBQ Chicken Bites Orzo Steamed Corn Fruit Cup Tomato Juice	23) Turkey Meatballs w/ Spaghetti Peppers & Onions White Bread Orange Prune Juice	24) Breaded Fish Mashed Potatoes Sauteed Spinach Wheat bread Pears Orange Juice	25) Garlic Herb Chicken Farfel Roasted Carrots Challah Apple Apple juice
28) Roast Beef w/ Gravy O'Brien Potatoes Prince Edward Veggies Wheat Bread Applesauce Orange Juice	29) Salmon Cake & Tartar Sauce Brown Rice Pilaf Zucchini & Squash White Bread Clementine Tomato Juice	30) Oven Baked Chicken Kasha & Bowties Peas & carrots Wheat bread Peaches Apple Juice		

September 2026 KOSHER COLD MEALS

Meals on Wheels of Central Maryland

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1) Egg Salad on Kaiser Roll Hearts of Palm Salad Pears Cranberry Juice	2) Tuna Salad on Whole Wheat Raisin Carrot Salad Fruit Cocktail Orange Juice	3) Chicken Pasta Salad Coleslaw Pears Tomato Juice	4) Whitefish Salad Garden Salad Peaches Dinner Roll Prune Juice
7) Labor Day Offices Closed 	8) Sushi Salad Balsamic Tomato Salad Pears Dinner Rolls Cranberry Juice	9) Chicken Pasta Salad 3 Bean Salad Pineapple Whole Wheat Bread Orange Juice	10) Natural Turkey on Marble Rye Israeli Salad Pears Tomato Juice	11) Whitefish Salad Pickled Beets Peaches Dinner Rolls Prune Juice
14) Natural Turkey on Marble Rye Creamy Cucumber Salad Pineapple Apple Juice	15) Egg Salad on Kaiser Roll Hearts of Palm Salad Pears Cranberry Juice	16) Tuna Salad on Whole Wheat Raisin Carrot Salad Fruit Cocktail Orange Juice	17) Chicken Pasta Salad Coleslaw Pears Tomato Juice	18) Whitefish Salad Garden Salad Peaches Dinner Roll Prune Juice
21) Closed for Holiday Observance	22) Sushi Salad Balsamic Tomato Salad Pears Dinner Rolls Cranberry Juice	23) Chicken Pasta Salad 3 Bean Salad Pineapple Whole Wheat Bread Orange Juice	24) Natural Turkey on Marble Rye Israeli Salad Pears Tomato Juice	25) Whitefish Salad Pickled Beets Peaches Dinner Rolls Prune Juice
28) Natural Turkey on Marble Rye Creamy Cucumber Salad Pineapple Apple Juice	29) Egg Salad on Kaiser Roll Hearts of Palm Salad Pears Cranberry Juice	30) Tuna Salad on Whole Wheat Raisin Carrot Salad Fruit Cocktail Orange Juice		

Client Engagement 410-558-0923

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