

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

***October 2026* KOSHER HOT MEALS**

*Meals on Wheels of Central Maryland*

| MONDAY                                                                                           | TUESDAY                                                                                                      | WEDNESDAY                                                                                               | THURSDAY                                                                                                                  | FRIDAY                                                                                                              |
|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
|                 |                                                                                                              |                       | 1) Stuffed Pepper<br>Quinoa w/ Chickpeas<br>Raisin Bread Pudding<br>White Bread<br>Orange Juice                           | 2) Beef Bourguignon<br>Sweet Needle Kugel<br>Grilled Vegetables<br>Challah<br>Banana<br>Apple Juice                 |
| 5) Baked Fish<br>Orzo w/ Peppers<br>Sauteed Spinach<br>White Bread<br>Orange<br>Orange Juice     | 6) Boneless Chicken<br>Mashed Potatoes<br>California Vegetable Blend<br>Wheat Bread<br>Pears<br>Tomato Juice | 7) Beef Hamburger w/ Bun<br>Baked Beans<br>Mixed Veggies<br>Apple<br>Prune Juice                        | 8) Turkey w/ Gravy<br>Brown Rice Pilaf<br>Dill Carrots<br>White Bread<br>Fruit Cup<br>Orange Juice                        | 9) Garlic Herb Chicken<br>Cornbread<br>Green Beans<br>Challah<br>Raisin Bread Pudding<br>Apple Juice                |
| 12) Chicken Gumbo<br>Roasted Potatoes<br>Peas & Carrots<br>Wheat Bread<br>Banana<br>Orange Juice | 13) Turkey Meat Sauce<br>Ziti Noodles<br>Roasted Sweet Potatoes<br>White Bread<br>Applesauce<br>Tomato juice | 14) Honey BBQ chicken<br>O'Brien Potatoes<br>Zucchini Blend<br>Wheat Bread<br>Clementine<br>Apple Juice | 15) Beef Taco w/ Flour<br>Tortilla<br>Spanish Rice<br>Fajita Vegetables<br>Peaches<br>Orange Juice                        | 16) Fish Cake w/ Tartar<br>Kasha & Bowties<br>Curried Cauliflower<br>Challah<br>Raisin Bread Pudding<br>Apple Juice |
| 19) Beef Hot Dog w/ Bun<br>Baked Beans<br>Mixed Veggies<br>Apple<br>Orange Juice                 | 20) Pulled Chicken<br>Cajun Rice<br>Corn<br>Fruit Cup<br>Tomato Juice                                        | 21) Turkey Chili<br>Zucchini & Squash<br>Cornbread<br>Pears<br>Prune Juice                              | 22) Salisbury Steak<br>Mashed Potatoes<br>Prince Edward<br>Veggies<br>Wheat Bread<br>Raisin Bread Pudding<br>Orange Juice | 23) BBQ Chicken<br>Farfel<br>Roasted Carrots<br>Challah<br>Orange<br>Apple juice                                    |
| 26) Beef Hamburger w/ Bun<br>Rice Pilaf<br>Green Beans<br>Clementine<br>Orange Juice             | 27) Honey Chicken<br>O'Brien Potatoes<br>Dill Carrots<br>White Bread<br>Banana<br>Tomato Juice               | 28) Turkey Meatballs w/<br>Spaghetti<br>Sauteed Spinach<br>Wheat Bread<br>Peaches<br>Apple Juice        | 29) Salmon Cake w/ Tartar<br>Orzo w/ Peppers<br>Grilled Vegetables<br>White Bread<br>Applesauce<br>Orange Juice           | 30) Stuffed Pepper<br>Couscous<br>Garlic Broccoli<br>Challah<br>Raisin Bread Pudding<br>Apple Juice                 |

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

# ***October 2026*** **KOSHER COLD MEALS**

*Meals on Wheels of Central Maryland*

| MONDAY                                                                                      | TUESDAY                                                                              | WEDNESDAY                                                                                 | THURSDAY                                                                         | FRIDAY                                                                         |
|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
|            |                                                                                      |         | 1) Chicken Pasta Salad<br>Coleslaw<br>Marble Rye Bread<br>Pears<br>Tomato Juice  | 2) Whitefish Salad<br>Garden Salad<br>Dinner Rolls<br>Peaches<br>Prune Juice   |
| 5) Turkey Salad on WW Bread<br>Red Cabbage Salad<br>Fruit Cocktail<br>Apple Juice           | 6) Sushi Salad<br>Balsamic Tomato Salad<br>Dinner Rolls<br>Pears<br>Cranberry Juice  | 7) Chicken Pasta Salad<br>3 Bean Salad<br>Whole Wheat Bread<br>Pineapple<br>Orange Juice  | 8) Natural Turkey on Marble Rye Bread<br>Israeli Salad<br>Pears<br>Tomato juice  | 9) Whitefish Salad<br>Pickled Beets<br>Dinner Rolls<br>Peaches<br>Prune Juice  |
| 12) Natural Turkey on Marble Rye Bread<br>Creamy Cucumber Salad<br>Pineapple<br>Apple Juice | 13) Egg Salad on Kaiser Roll<br>Hearts of Palm Salad<br>Pears<br>Cranberry Juice     | 14) Tuna Salad on WW Bread<br>Raisin Carrot Salad<br>Fruit Cocktail<br>Orange Juice       | 15) Chicken Pasta Salad<br>Coleslaw<br>Marble Rye Bread<br>Pears<br>Tomato Juice | 16) Whitefish Salad<br>Garden Salad<br>Dinner Rolls<br>Peaches<br>Prune Juice  |
| 19) Turkey Salad on WW Bread<br>Red Cabbage salad<br>Fruit Cocktail<br>Apple Juice          | 20) Sushi Salad<br>Balsamic Tomato Salad<br>Dinner Rolls<br>Pears<br>Cranberry Juice | 21) Chicken Pasta Salad<br>3 Bean Salad<br>Whole Wheat Bread<br>Pineapple<br>Orange Juice | 22) Natural Turkey on Marble Rye Bread<br>Israeli Salad<br>Pears<br>Tomato Juice | 23) Whitefish Salad<br>Pickled Beets<br>Dinner Rolls<br>Peaches<br>Prune Juice |
| 26) Natural Turkey on Marble Rye Bread<br>Creamy Cucumber Salad<br>Pineapple<br>Apple Juice | 27) Egg Salad on Kaiser Roll<br>Hearts of Palm Salad<br>Pears<br>Cranberry Juice     | 28) Tuna Salad on WW Bread<br>Raisin Carrot Salad<br>Fruit Cocktail<br>Orange Juice       | 29) Chicken Pasta Salad<br>Coleslaw<br>Marble Rye Bread<br>Pears<br>Tomato Juice | 30) Whitefish Salad<br>Garden Salad<br>Dinner Rolls<br>Peaches<br>Prune Juice  |