November 2026 KOSHER COLD MEALS Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Turkey Salad on Whole Wheat Bread Red cabbage Salad Fruit Cocktail Apple Juice	3) Sushi Salad Balsamic Tomato Salad Dinner Rolls Pears Cranberry Juice	4) Chicken Pasta Salad 3 Bean Salad Whole Wheat Bread Pineapple Orange Juice	5) Natural Turkey on Marble Rye Israeli Salad Pears Tomato Juice	6) Whitefish Salad Pickled Beets Dinner Rolls Peaches Prune Juice
9) Natural Turkey on Marble Rye Creamy Cucumber Salad Pineapple Apple Juice	10) Egg Salad on Kaiser Roll Hearts of Palm Salad Pears Cranberry Juice	11) Tuna Salad on Whole Wheat Bread Raisin Carrot Salad Fruit Cocktail Orange Juice	12) Chicken Pasta Salad on Marble Rye Coleslaw Pears Tomato Juice	13) Whitefish Salad Garden Salad Dinner Rolls Peaches Prune Juice
16) Turkey Salad on Whole Wheat Bread Red Cabbage Salad Fruit Cocktail Apple Juice	17) Sushi Salad Balsamic Tomato Salad Dinner Rolls Pears Cranberry Juice	18) Chicken Pasta Salad 3 Bean Salad Whole Wheat Bread Pineapple Orange Juice	19) Natural Turkey on Marble Rye Israeli Salad Pears Tomato Juice	20) Whitefish Salad Pickled Beets Dinner Rolls Peaches Prune Juice
23) Natural Turkey on Marble Rye Creamy Cucumber Salad Pineapple Apple Juice	24) Egg Salad on Kaiser Roll Hearts of Palm Salad Pears Cranberry Juice	25) Tuna Salad on Whole Wheat Bread Raisin Carrot Salad Fruit Cocktail Orange Juice	27) *Closed* 	28) *Closed*
30) Turkey Salad on Whole Wheat Bread Red cabbage Salad Fruit Cocktail Apple Juice				

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

November 2026 KOSHER HOT MEALS Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Oven Baked Chicken Brown Rice Pilaf Green Beans Wheat Bread Apple Orange Juice	3) Turkey Meatballs w/ Spaghetti Roasted Carrots White Bread Peaches Tomato Juice	4) Breaded Fish Roasted Potatoes Zucchini & Squash Wheat Bread Clementine Prune Juice	5) Salisbury Steak Mashed Potatoes Prince Edward Vegetables White Bread Raisin Bread Pudding Orange Juice	6) Honey Chicken Kasha & Bowties Garlic Broccoli Challah Applesauce Apple Juice
9) Salmon Cake & Tartar Couscous Curried Cauliflower White Bread Banana Orange Juice	10) Pulled Chicken Cajun Rice Dill Carrots Wheat Bread Fruit Cup Tomato Juice	11) Hamburger on Bun Baked Beans Mixed Vegetables Orange Apple Juice	12) Ziti Noodles w/ Meat Sauce Sauteed Spinach White Bread Pears Orange Juice	13) Garlic Herb Chicken Farfel Grilled Vegetables Challah Raisin Bread Pudding Apple Juice
16) Turkey Chili Cornbread Zucchini Blend Wheat Bread Clementine Orange Juice	17) Italian Baked Fish Sweet Potatoes Garlic Broccoli White Bread Peaches Tomato Juice	18) Honey BBQ Chicken Orzo w/ Peppers Peas & Carrots Wheat Bread Applesauce Prune Juice	19) Beef Bourguignon Mashed Potatoes California Vegetable Blend White Bread Raisin Bread Pudding Orange Juice	20) Stuffed Pepper Sweet Noodle Kugel Green Beans Challah Banana Apple Juice
23) Boneless Chicken Thigh Brown Rice Carrots White Bread Orange Orange Juice	24) Beef Hot Dog on Bun Baked Beans Mixed Veggies Apple Tomato Juice	25) Turkey w/ Gravy Stuffing Green Bean Casserole Dinner Roll Cranberry Sauce Apple Juice	*26) Closed* 	27) *Closed*
30) Roast Beef Mashed Potatoes Prince Edward Veggies Wheat Bread Pears Orange Juice				

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