



Kosher Meals On Wheels

JULY 2026 MEALS



MON

TUE

WED

THU

FRI

Seniors and adults with disabilities of all faiths and backgrounds are also welcome to receive our Kosher Meals on Wheels.

6
Bagel & Lox
Cream Cheese
Tomato,
Cucumber, Onion
Fresh Fruit

7
Lemon Rosemary
Chicken
Rice Pilaf
Garlic Green Beans
Dessert

8
Spaghetti with
Sauce & Meatballs
Grilled Zucchini
Dinner Roll
Fresh Fruit

9
Honey Apricot
Chicken
Roasted Potatoes
with Rosemary
Roasted Vegetable
Medley
Fresh Fruit

10
Burger Slider
French Fries
Tomato, Onion,
Lettuce
Dessert

13
Garlic Scampi
Pasta with Cubed
Chicken & Broccoli
Challah Roll
Dessert

14
BBQ Meatloaf
Grilled Peppers &
Onions
Roasted Fingerling
Potatoes
Fresh Fruit

15
Vegetable Fritata
Bagel
Cream Cheese
Fresh Fruit

16
Chicken Stir Fry
Fried Rice with
Vegetables
Hibachi Bean
Sprouts
Fruit

17
American
Chopped Suey
with Ground Beef
& Vegetables
Dinner Roll
Dessert

20
Grilled Hot Dog
Bun
Peppers & Onions
Fresh Fruit

21
Split Pea Soup
Pasta Primavera
Garlic Bread
Greek Yogurt
Fresh Fruit

22
Shawarma
Chicken
Pita Bread
Tuscan Eggplant
Dessert

23
Scrambled Eggs
Potato & Onion
Hash
Maple Butternut
Squash
Fresh Fruit

24
Lemon Garlic
Boneless Chicken
Spaghetti
Grilled Zucchini
Dessert

27
Asian Glazed
Salmon
Coconut White
Rice
Stir Fry Vegetables
Fresh Fruit

28
Chicken,
Vegetable
Matzo Ball Soup
Challah Roll
Fresh Fruit

29
Chicken Pot Pie
Garden Salad with
Italian Dressing
Fresh Fruit

30
Brazilian Chicken
Thigh
White Rice with
Black Beans
Spaghetti Squash
with Marinara Sauce
Dessert

31
Noodle Kugel
Potato Latke
Bagel
Cream Cheese
Dessert

Suggested Donation:
\$3.00 per meal

Questions about
Kosher Meals on Wheels
call Neal Drobnis
401-421-4111

Meals are delivered
to your home
2 Meals on Monday
3 Meals on Wednesday

Contact
Maya at Meals on Wheels
with concerns regarding
food allergies:
401-351-6700 Ext. 113

Join us on Zoom or in-person
for Activities before lunch!
See back side for
the weekly schedule!

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