


August 2018 Frozen Meals



Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1) BBQ Beef Riblet Baked Beans Cabbage Wheat Hamburger Bun Spiced Apples Grape Juice Milk	2) Chicken Shawarma Yellow Rice Broccoli Wheat Pita Bread Tropical Fruit Grape Juice Milk	3) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Green Beans Garlic Breadstick w/Marg Diced Pears Cranberry Juice Milk	4) Meatloaf w/Gravy Whipped Potatoes Sliced Carrots Wheat Roll w/Marg Mandarin Oranges Apple Juice Milk	5) Parmesan Chicken Patty Garlic & Red Pepper Penne Spinach Italian Bread w/Marg Tropical Fruit Grape Juice Milk
6) Hawaiian Chicken Black Beans & Rice Zucchini & Squash Wheat Bread w/Marg Applesauce Cranberry Juice Milk	7) Cheese Lasagna Roll Up w/Tomato Basil Sauce Mixed Vegetables Wheat Bread w/Marg Pineapple Tidbits Orange Juice Milk	8) Sweet & Sour Meatballs Confetti Rice Sliced Carrots Wheat Bread w/Marg Mandarin Oranges Cranberry Juice Milk	9) Sliced Turkey w/Gravy Delmonico Potatoes Brussels Sprouts Dinner Roll w/Marg Applesauce Grape Juice Milk	10) BBQ Chicken Breast Black Eyed Peas Collard Greens Biscuit w/Marg Peaches & Pears Orange Juice Milk	11) Country Fried Steak w/Country Gravy Macaroni & Cheese Green Peas Wheat Roll w/Marg Diced Pears Orange Juice Milk	12) Swiss Steak Mashed Spiced Yams Mixed Vegetables Dinner Roll w/Marg Tropical Fruit Apple Juice Milk
13) Meatloaf w/Brown Gravy Sweet Potatoes Mixed Vegetables Wheat Bread w/Marg Tropical Fruit Grape Juice Milk	14) Breaded Chicken Patty w/Marinara Sauce Garlic Rotini Spinach Italian Bread w/Marg Mandarin Oranges & Pineapple Apple Juice & Milk	15) Italian Turkey Sausage Sauteed Onions & Peppers Crispy Cubed Potatoes Wheat Hot Dog Bun Mustard Sliced Pears Cranberry Juice & Milk	16) Baked Chicken w/Gravy Brown Rice Green Peas Wheat Bread w/Marg Pineapple Tidbits Orange Juice Milk	17) Beef & Bean Burrito w/Enchilada Sauce Mixed Beans Summer Vegetables Tropical Fruit Cranberry Juice Milk	18) Swedish Meatballs Whole Grain Penne Pasta Sliced Carrots Dinner Roll w/Marg Mandarin Oranges Apple Juice Milk	19) Baked Chicken w/Gravy Whipped Potatoes Spinach Wheat Roll w/Marg Applesauce Cranberry Juice Milk
20) Honey Baked Chicken Green Beans Glazed Carrots Wheat Hamburger Bun Mandarin Oranges & Pineapples Milk	21) BBQ Chicken Baked Beans Capri Vegetables Biscuit w/Marg Peaches & Pineapple Apple Juice Milk	22) Swiss Steak Oven Roasted Potatoes Spinach Biscuit w/Marg Cinnamon Applesauce Orange Juice Milk	23) Creamy Paprika Chicken Rice Pilaf Ratatouille Wheat Roll w/Marg Sliced Pears Apple Juice Milk	24) Bruschetta Beef Whole Grain Garlic Rotini Brussels Sprouts Garlic Breadstick Pineapple Tidbits Grape Juice Milk	25) Lemon Pepper Chicken Corn Broccoli Wheat Roll w/Marg Diced Peaches Apple Juice Milk	26) Meatloaf w/Gravy Whipped Potatoes Capri Vegetables Dinner Roll w/Marg Pineapple Tidbits Cranberry Juice Milk
27) Indian Beef Curry Brown Rice Green Beans Naan Bread w/Marg Tropical Fruit Apple Juice Milk	28) Baked Chicken w/Old Bay Cream Sauce O'Brien Potatoes Spinach Wheat Roll w/Marg Diced Pears Orange Juice Milk	29) Chicken Marsala Buttered Bow Tie Pasta Broccoli Wheat Roll w/Marg Sliced Peaches Apple Juice Milk	30) Beef Hot Dog Baked Beans Mixed Vegetables Wheat Hot Dog Bun Ketchup & Mustard Sliced Pears Cranberry Juice Milk	31) Beef Patty w/Onion Gravy Mashed Spiced Yams Cabbage Dinner Roll w/Marg Mandarin Oranges Apple Juice Milk	1) Beef Fiesta Mac Broccoli Hot Spiced Fruit Italian Bread w/Marg Cranberry Juice Milk	2) Chicken Tenders Tater Tots Green Peas Dinner Roll w/Marg Diced Peaches Orange Juice Milk

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		1) Chicken Tenders Macaroni & Cheese Mixed Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice	2) Roast Beef w/Gravy Whipped Potatoes Stewed Tomatoes Wheat Bread w/Marg Pineapple Tidbits Fortified Juice	3) Turkey Breast w/Gravy O'Brien Hashbrowns Brussels Sprouts Wheat Roll w/Marg Sliced Peaches Fortified Juice		
6) Teriyaki Meatballs Brown Rice Sliced Carrots Wheat Bread w/Marg Tropical Fruit Fortified Juice	7) Creole Chicken Lima Beans Mixed Vegetables Wheat Bread w/Marg Mandarin Oranges Fortified Juice	8) Breaded Chicken Patty Tater Tots Stewed Tomatoes Wheat Hamburger Bun Ketchup Diced Pears Fortified Juice	9) Spanish Beef Yellow Rice Green Peas Wheat Roll w/Marg Sliced Peaches Fortified Juice	10) Swiss Steak Whipped Potatoes Broccoli Dinner Roll w/Marg Sliced Apples Fortified Juice		
13) BBQ Chicken Breast Corn Stewed Tomatoes Wheat Roll w/Marg Cinnamon Applesauce Fortified Juice	14) Swiss Steak Brown Rice Green Beans Wheat Roll w/Marg Tropical Fruit Fortified Juice	15) Creole Steak Whipped Potatoes Brussels Sprouts Wheat Bread w/Marg Diced Peaches Fortified Juice	16) Sloppy Joe Baked Beans Sliced Carrots Wheat Hamburger Bun Diced Pears Fortified Juice	17) Turkey A La King Whipped Potatoes Mixed Vegetables Wheat Roll w/Marg Fruit Cocktail Fortified Juice		
20) Chicken Breast w/Sweet & Sour Sauce Confetti Rice Japanese Vegetables Wheat Bread w/Marg Fruit Cocktail Fortified Juice	21) Meatballs w/Gravy Lima Beans Cauliflower & Red Peppers Dinner Roll w/Marg Diced Pears Fortified Juice	22) Parmesan Chicken Patty Au Gratin Rotini Italian Blend Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice	23) Pepper Beef Steak Macaroni & Cheese Broccoli Wheat Bread w/Marg Pineapple Tidbits Fortified Juice	24) Sliced Turkey w/Gravy Mashed Spiced Yams Green Beans Wheat Roll w/Marg Applesauce Fortified Juice		
27) Glazed Turkey Ham Mashed Spiced Yams Mixed Vegetables Wheat Roll w/Marg Sliced Pears Fortified Juice	28) Beef Jardine Brown Rice Broccoli Dinner Roll w/Marg Tropical Fruit Fortified Juice	29) Beef Cabbage Casserole Spinach Glazed Carrots Italian Bread w/Marg Applesauce Fortified Juice	30) Cranberry Dijon Chicken Buttermilk Potatoes Green Beans Wheat Roll w/Marg Pineapple Tidbits Fortified Juice	31) Meatloaf w/Gravy Butter Beans Stewed Tomatoes Wheat Bread w/Marg Diced Peaches Fortified Juice		

TO CANCEL A MEAL, SHARE A CONCERN, OR ASK A QUESTION CALL YOUR REGIONAL OFFICE.
 ALL MEAL CANCELLATIONS MUST BE IN NO LATER THAN 11:00 A.M. THE DAY PRIOR
 MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE

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