



## August 2018 Frozen Meals

## *Meals on Wheels of Central Maryland*

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

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

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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