

August 2018 HOT MEALS-Home Delivered Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1) Sweet & Sour Meatballs Confetti Rice Sliced Carrots Wheat Bread w/Marg Fresh Fruit Cranberry Juice Milk</p>	<p>2) Sliced Turkey w/Gravy Delmonico Potatoes Brussels Sprouts Dinner Roll w/Marg Applesauce Grape Juice Milk</p>	<p>3) BBQ Chicken Thigh Black Eyed Peas Collard Greens Biscuit w/Marg Peaches & Pears Orange Juice Milk</p>
<p>4) Meatloaf w/Gravy Sweet Potatoes Mixed Vegetables Wheat Bread w/Marg Tropical Fruit Grape Juice Milk</p>	<p>5) Breaded Chicken Patty w/Marinara Sauce Garlic Rotini Spinach Italian Bread w/Marg Mandarin Oranges & Pineapple Apple Juice & Milk</p>	<p>6) Italian Turkey Sausage Sautéed Peppers & Onions Crispy Cubed Potatoes Wheat Hot Dog Bun Mustard Sliced Pears Cranberry Juice Milk</p>	<p>7) Potato Crusted Fish Brown Rice Green Peas Wheat Bread w/Marg Tartar Sauce Fresh Fruit Orange Juice & Milk <i>PFS- Baked Chicken w/Gravy</i></p>	<p>8) Beef & Bean Burrito w/Enchilada Sauce Mixed Beans Summer Vegetables Fresh Fruit Cranberry Juice Milk</p>
<p>13) Hamburger Baked Beans Sliced Carrots Wheat Hamburger Bun Ketchup Applesauce Orange Juice Milk</p>	<p>14) Krabby Cake Green Beans Hot Spiced Fruit Carrot Raisin Salad Wheat Hamburger Bun Tartar Sauce Milk <i>PFS- Honey Baked Chicken</i></p>	<p>15) Glazed Ham Oven Roasted Potatoes Spinach Biscuit w/Marg Fresh Fruit Orange Juice Milk <i>PFS-Swiss Steak</i></p>	<p>16) Creamy Paprika Chicken Rice Pilaf Ratatouille Whole Wheat Roll w/Marg Sliced Pears Apple Juice Milk</p>	<p>17) Bruschetta Beef Whole Grain Garlic Rotini Brussels Sprouts Garlic Breadstick w/Marg Pineapple Tidbits Grape Juice Milk</p>
<p>20) Indian Beef Curry Brown Rice Green Beans Naan Bread w/Marg Tropical Fruit Apple Juice Milk</p>	<p>21) Baked Cod Loin w/Old Bay Cream Sauce O'Brien Potatoes Spinach Wheat Roll w/Marg Fresh Fruit & Chocolate Cake Orange Juice & Milk <i>PFS-Chicken w/Old Bay Sauce</i></p>	<p>22) Chicken Marsala Buttered Bow Tie Pasta Broccoli Wheat Roll w/Marg Sliced Peaches Apple Juice Milk</p>	<p>23) Beef Hot Dog Baked Beans Hot Spiced Pears Coleslaw Wheat Hot Dog Bun Ketchup & Mustard Cranberry Juice Milk</p>	<p>24) Pork Roast w/Pork Sauce Mashed Spiced Yams Cabbage Dinner Roll w/Marg Mandarin Oranges Apple Juice Milk <i>PFS-Beef Patty w/Onion Gravy</i></p>
<p>27) Swedish Meatballs Whole Grain Penne Glazed Carrots Wheat Bread Tropical Fruit Apple Juice Milk</p>	<p>28) Pork Roast w/Apple Glaze Mashed Spiced Yams Green Beans Dinner Roll w/Marg Pineapple Tidbits Cranberry Juice & Milk <i>PFS-Apple Glazed Chicken</i></p>	<p>29) Ginger Pepper Steak Brown Rice Broccoli Wheat Roll w/Marg Cinnamon Applesauce Grape Juice Milk</p>	<p>30) Baked Chicken w/Mushroom Gravy Whipped Potatoes Peach Crisp Cucumber & Tomato Salad Wheat Bread w/Marg Orange Juice Milk</p>	<p>31) Stuffed Salmon w/Old Bay Cream Sauce White Beans w/Arugula Garden Vegetables Dinner Roll w/Marg Fresh Fruit Cranberry Juice & Milk <i>PFS-Swiss Steak w/Gravy</i></p>

August 2018 COLD MEALS-Home Delivered Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1) Chicken Salad Mixed Vegetable Salad Pineapple Tidbits Wheat Pita Bread Fortified Juice</p>	<p>2) Southwest Chicken Salad w/Dressing Pasta Salad Tropical Fruit Wheat Roll Fortified Juice</p>	<p>3) Sliced Roast Beef White Bean Salad w/Olives Fresh Fruit Wheat Hamburger Bun Mayo Fortified Juice</p>
<p>6) Tuna Salad Copper Pennies Diced Pears Club Roll Fortified Juice</p> <p><i>PFS-Egg Salad</i></p>	<p>7) Sliced Roast Beef & Cheese Green Bean Salad Diced Peaches Wheat Bread Mayo Fortified Juice</p>	<p>8) Spinach Salad w/Chicken Salad Dressing Chickpea Salad Fresh Fruit Wheat Roll Fortified Juice</p>	<p>9) Sliced Turkey & Swiss Cheese Coleslaw Pineapple Tidbits Rye Bread Mayo Fortified Juice</p>	<p>10) Baked Chicken Breast w/Pesto Sauce Broccoli Raisin Salad Tropical Fruit Kaiser Roll Fortified Juice</p>
<p>13) Seafood Salad Pineapple Slaw Fresh Fruit Wheat Pita Bread Fortified Juice</p> <p><i>PFS-Chicken Salad</i></p>	<p>14) Asian Chicken Salad w/Dressing Green Pea Salad Fresh Fruit Wheat Roll Fortified Juice</p>	<p>15) Sliced Turkey & Swiss Cheese Carrot Raisin Salad Pineapple Tidbits Kaiser Roll Mayo Fortified Juice</p>	<p>16) Egg Salad Mandarin Beets w/Citrus Dressing Applesauce Wheat Bread Fortified Juice</p>	<p>17) Sliced Roast Beef & Cheese Black Eyed Pea Salad Fresh Fruit French Baguette Fortified Juice</p>
<p>20) Tuna Salad Broccoli Raisin Salad Sliced Peaches Club Roll Fortified Juice</p> <p><i>PFS-Chicken Salad</i></p>	<p>21) Sliced Turkey Patriotic Bean Salad Fresh Fruit Wheat Bread Mayo Fortified Juice</p>	<p>22) Sliced Roast Beef & Swiss Cheese Mandarin Beets w/Citrus Dressing Tropical Fruit Wheat Bread & Mustard Fortified Juice</p>	<p>23) Honey Mustard Chicken Salad Green Bean Salad Sliced Apples Wheat Hamburger Bun Fortified Juice</p>	<p>24) Chicken Pasta Salad Copper Pennies Pineapple Tidbits Wheat Roll Fortified Juice</p>
<p>27) Zesty Baja Chicken Salad Patriotic Bean Salad Fresh Fruit Wheat Bread Fortified Juice</p>	<p>28) Sliced Roast Beef & Swiss Cheese Diced Tomato Salad Tropical Fruit Wheat Hamburger Bun Mayo Fortified Juice</p>	<p>29) Tuna Salad Three Beans Salad Sliced Pears Kaiser Roll Fortified Juice</p> <p><i>PFS-Chicken Salad</i></p>	<p>30) Sliced Ham & Cheese Carrot Raisin Salad Sliced Apples Pumpnickel Bread Mustard Fortified Juice</p> <p><i>PFS-Sliced Turkey & Cheese</i></p>	<p>31) Chicken Caesar Salad w/Dressing Pasta Salad Pineapple Tidbits Wheat Roll 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

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MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.