

July 2018 Frozen Meals

Meals on Wheels of Central Maryland

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|---|---|---|
| 2) Meatloaf w/Brown Gravy Sweet Potatoes Mixed Vegetables Wheat Bread w/Marg Tropical Fruit Grape Juice Milk | 3) Breaded Chicken Patty w/Marinara Sauce Garlic Rotini Spinach Italian Bread w/Marg Mandarin Oranges & Pineapple Apple Juice & Milk | 4) Offices Closed- Additional Meals were sent out on 6/27 since there is no delivery today.  | 5) Baked Chicken w/Gravy Brown Rice Green Peas Wheat Bread w/Marg Pineapple Tidbits Orange Juice Milk | 6) Beef & Bean Burrito w/Enchilada Sauce Mixed Beans Summer Vegetables Tropical Fruit Cranberry Juice Milk | 7) Swedish Meatballs Whole Grain Penne Pasta Sliced Carrots Dinner Roll w/Marg Mandarin Oranges Apple Juice Milk | 8) Baked Chicken w/Gravy Whipped Potatoes Spinach Wheat Roll w/Marg Applesauce Cranberry Juice Milk |
| 9) Honey Baked Chicken Green Beans Glazed Carrots Wheat Hamburger Bun Mandarin Oranges & Pineapples Milk | 10) BBQ Chicken Baked Beans Capri Vegetables Biscuit w/Marg Peaches & Pineapple Apple Juice Milk | 11) Swiss Steak Oven Roasted Potatoes Spinach Biscuit w/Marg Cinnamon Applesauce Orange Juice Milk | 12) Creamy Paprika Chicken Rice Pilaf Ratatouille Wheat Roll w/Marg Sliced Pears Apple Juice Milk | 13) Bruschetta Beef Whole Grain Garlic Rotini Brussels Sprouts Garlic Breadstick Pineapple Tidbits Grape Juice Milk | 14) Lemon Pepper Chicken Corn Broccoli Wheat Roll w/Marg Diced Peaches Apple Juice Milk | 15) Meatloaf w/Gravy Whipped Potatoes Capri Vegetables Dinner Roll w/Marg Pineapple Tidbits Cranberry Juice Milk |
| 16) Indian Beef Curry Brown Rice Green Beans Naan Bread w/Marg Tropical Fruit Apple Juice Milk | 17) BBQ Chicken Macaroni & Cheese Diced Beets Wheat Hamburger Bun Cinnamon Applesauce Orange Juice Milk | 18) Chicken Marsala Buttered Bow Tie Pasta Broccoli Wheat Roll w/Marg Sliced Peaches Apple Juice Milk | 19) Beef Hot Dog Baked Beans Mixed Vegetables Wheat Hot Dog Bun Ketchup & Mustard Sliced Pears Cranberry Juice Milk | 20) Beef Patty w/Onion Gravy Mashed Spiced Yams Cabbage Dinner Roll w/Marg Mandarin Oranges Apple Juice Milk | 21) Beef Fiesta Mac Broccoli Hot Spiced Fruit Italian Bread w/Marg Cranberry Juice Milk | 22) Chicken Tenders Tater Tots Green Peas Dinner Roll w/Marg Diced Peaches Orange Juice Milk |
| 23) Swedish Meatballs Whole Grain Penne Glazed Carrots Wheat Bread w/Marg Tropical Fruit Apple Juice Milk | 24) Apple Glazed Chicken Mashed Spiced Yams Green Beans Dinner Roll w/Marg Pineapple Tidbits Cranberry Juice Milk | 25) Ginger Pepper Steak Brown Rice Broccoli Wheat Roll w/Marg Cinnamon Applesauce Grape Juice Milk | 26) Baked Chicken w/Mushroom Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Pears Orange Juice Milk | 27) Swiss Steak White Beans w/Arugula Garden Vegetables Dinner Roll w/Marg Pineapple Tidbits Cranberry Juice Milk | 28) BBQ Chicken Breast Baked Beans Collard Greens Biscuit w/Marg Tropical Fruit Apple Juice Milk | 29) Meatballs w/Gravy Whole Grain Penne Sliced Carrots Dinner Roll w/Marg Pineapple Tidbits Orange Juice Milk |
| 30) Honey Mustard Chicken Scalloped Potatoes Harvard Beets Wheat Bread w/Marg Sliced Peaches Cranberry Juice Milk | 31) Honey Baked Chicken Corn O'Brien Sliced Carrots Dinner Roll w/Marg Pineapple Tidbits Orange Juice Milk | |  |  |  | |

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|--|---|--|--|---|---|--------|
| 2) BBQ Chicken Breast Corn Stewed Tomatoes Wheat Roll w/Marg Cinnamon Applesauce Fortified Juice | 3) Swiss Steak Brown Rice Green Beans Wheat Roll w/Marg Tropical Fruit Fortified Juice | 4) Offices Closed- Additional Meals were sent out on 6/27 since there is no delivery today.  | 5) Sloppy Joe Baked Beans Sliced Carrots Wheat Hamburger Bun Diced Pears Fortified Juice | 6) Turkey A La King Whipped Potatoes Mixed Vegetables Wheat Roll w/Marg Fruit Cocktail Fortified Juice | | |
| 9) Meatballs w/Gravy Lima Beans Cauliflower & Red Peppers Dinner Roll w/Marg Diced Pears Fortified Juice | 10) Beef w/Mushroom Gravy Confetti Rice Japanese Vegetables Wheat Bread w/Marg Fruit Cocktail Fortified Juice | 11) Parmesan Chicken Patty Au Gratin Rotini Italian Blend Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice | 12) Pepper Beef Steak Macaroni & Cheese Broccoli Wheat Bread w/Marg Pineapple Tidbits Fortified Juice | 13) Sliced Turkey w/Gravy Mashed Spiced Yams Green Beans Wheat Roll w/Marg Applesauce Fortified Juice | | |
| 16) Glazed Turkey Ham Mashed Spiced Yams Mixed Vegetables Wheat Roll w/Marg Sliced Pears Fortified Juice | 17) Beef Jardine Brown Rice Broccoli Dinner Roll w/Marg Tropical Fruit Fortified Juice | 18) Beef Cabbage Casserole Spinach Glazed Carrots Italian Bread w/Marg Applesauce Fortified Juice | 19) Cranberry Dijon Chicken Buttermilk Potatoes Green Beans Wheat Roll w/Marg Pineapple Tidbits Fortified Juice | 20) Meatloaf w/Gravy Butter Beans Stewed Tomatoes Wheat Bread w/Marg Diced Peaches Fortified Juice | | |
| 23) Cranberry Dijon Chicken Crispy Cubed Potatoes Green Beans Wheat Bread w/Marg Sliced Apples Fortified Juice | 24) Beef Patty w/Onion Gravy Whipped Potatoes Green Peas Wheat Roll w/Marg Diced Peaches Fortified Juice | 25) Hamburger w/Brown Gravy Macaroni & Cheese Brussels Sprouts Wheat Bread w/Marg Pineapple Tidbits Fortified Juice | 26) Beef Italiano Lima Beans Sliced Carrots Dinner Roll w/Marg Diced Pears Fortified Juice | 27) Chicken w/Alfredo Sauce Fettuccini Noodles Italian Blend Veggies Wheat Roll w/Marg Tropical Fruit Fortified Juice | | |
| 30) Beef Fiesta Mac Green Beans Hot Spiced Fruit Italian Bread w/Marg Fortified Juice | 31) Pizzaiola Beef Patty Black Eyed Peas Sliced Carrots Dinner Roll w/Marg Diced Pears 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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