

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2) Krabby Cake Green Beans Hot Spiced Fruit Carrot Raisin Salad Wheat Hamburger Bun Tartar Sauce Milk <i>PFS- Honey Baked Chicken</i></p>	<p>3) BBQ Chicken Thigh Baked Beans Cherry Crisp Coleslaw Biscuit w/Marg Apple Juice Milk</p>	<p>4) Offices Closed-Frozen Meals were sent on 6/27 for use today.</p> 	<p>5) Creamy Paprika Chicken Rice Pilaf Ratatouille Whole Wheat Roll w/Marg Sliced Pears Apple Juice Milk</p>	<p>6) Bruschetta Beef Whole Grain Garlic Rotini Brussels Sprouts Garlic Breadstick w/Marg Pineapple Tidbits Grape Juice Milk</p>
<p>9) Indian Beef Curry Brown Rice Green Beans Naan Bread w/Marg Tropical Fruit Apple Juice Milk</p>	<p>10) Breaded Pollock Macaroni &amp; Cheese Diced Beets Wheat Hamburger Bun Tartar Sauce Fresh Fruit Orange Juice Milk <i>PFS-BBQ Chicken</i></p>	<p>11) Chicken Marsala Buttered Bow Tie Pasta Broccoli Wheat Roll w/Marg Sliced Peaches Apple Juice Milk</p>	<p>12) Beef Hot Dog Baked Beans Hot Spiced Pears Coleslaw Wheat Hot Dog Bun Ketchup &amp; Mustard Cranberry Juice Milk</p>	<p>13) 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>16) Swedish Meatballs Whole Grain Penne Glazed Carrots Wheat Bread Tropical Fruit Apple Juice Milk</p>	<p>17) 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>18) Ginger Pepper Steak Brown Rice Broccoli Wheat Roll w/Marg Cinnamon Applesauce Grape Juice Milk</p>	<p>19) Baked Chicken w/Mushroom Gravy Whipped Potatoes Peach Crisp Cucumber &amp; Tomato Salad Wheat Bread w/Marg Orange Juice Milk</p>	<p>20) 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>
<p>23) Honey Mustard Chicken Scalloped Potatoes Harvard Beets Wheat Bread w/Marg Sliced Peaches Cranberry Juice Milk</p>	<p>24) 10 Grain Pollock Corn O'Brien Sliced Carrots Dinner Roll w/Marg Strawberry Glazed Fruit Orange Juice Milk <i>PFS-Honey Baked Chicken</i></p>	<p>25) BBQ Beef Riblet Baked Beans Hot Spiced Apples Coleslaw Wheat Hamburger Bun Grape Juice Milk</p>	<p>26) Chicken Shawarma Yellow Rice Mixed Fruit Crisp Diced Tomato Salad Wheat Pita Bread Grape Juice Milk</p>	<p>27) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Green Beans Garlic Breadstick w/Marg Fresh Fruit Cranberry Juice Milk</p>
<p>30) Hawaiian Chicken Black Beans &amp; Rice Zucchini &amp; Squash Wheat Bread w/Marg Fresh Fruit Cranberry Juice Milk</p>	<p>31) Cheese Lasagna Roll Up w/Tomato Basil Sauce Mixed Vegetables Wheat Bread w/Marg Pineapple Tidbits Orange Juice Milk</p>			

## July 2018 COLD MEALS-Home Delivered *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Asian Chicken Salad w/Dressing Green Pea Salad Fresh Fruit Wheat Roll Fortified Juice  PFS-Chicken Salad	3) Seafood Salad Copper Pennies Fresh Fruit Wheat Pita Bread Fortified Juice  PFS-Chicken Salad	4) Offices Closed-Frozen Meals were sent on 6/27 for use today.  	5) Egg Salad Mandarin Beets w/Citrus Dressing Applesauce Wheat Bread Fortified Juice	6) Sliced Roast Beef & Cheese Black Eyed Pea Salad Fresh Fruit French Baguette Fortified Juice
9) Tuna Salad Broccoli Raisin Salad Sliced Peaches Club Roll Fortified Juice  PFS-Chicken Salad	10) Sliced Turkey Patriotic Bean Salad Fresh Fruit Wheat Bread Mayo Fortified Juice	11) Sliced Roast Beef & Swiss Cheese Mandarin Beets w/Citrus Dressing Tropical Fruit Wheat Bread & Mustard Fortified Juice	12) Honey Mustard Chicken Salad Green Bean Salad Sliced Apples Wheat Hamburger Bun Fortified Juice	13) Chicken Pasta Salad Copper Pennies Pineapple Tidbits Wheat Roll Fortified Juice
16) Zesty Baja Chicken Salad Patriotic Bean Salad Fresh Fruit Wheat Bread Fortified Juice	17) Sliced Roast Beef & Swiss Cheese Diced Tomato Salad Tropical Fruit Wheat Hamburger Bun Mayo Fortified Juice	18) Tuna Salad Three Beans Salad Sliced Pears Kaiser Roll Fortified Juice  PFS-Chicken Salad	19) Sliced Ham & Cheese Carrot Raisin Salad Sliced Apples Pumpnickel Bread Mustard Fortified Juice  PFS-Sliced Turkey & Cheese	20) Chicken Caesar Salad w/Dressing Pasta Salad Pineapple Tidbits Wheat Roll Fortified Juice
23) Egg Salad Copper Pennies Fresh Fruit Wheat Bread Fortified Juice	24) Sliced Roast Beef & Swiss Cheese Coleslaw Applesauce Wheat Bread Mayo Fortified Juice	25) Turkey Chef Salad w/Dressing Confetti Corn Salad Tropical Fruit Wheat Roll Fortified Juice	26) Tuna Salad Black Eyed Pea Salad Fresh Fruit Kaiser Roll Fortified Juice  PFS-Egg Salad	27) Sliced Turkey, Ham, & Cheese Pasta Salad Fresh Fruit French Baguette Mayo Fortified Juice  PFS-Sliced Turkey & Cheese
30) Egg Salad Carrot Raisin Salad Fruit Cocktail Kaiser Roll Fortified Juice	31) Sliced Ham & Swiss Cheese Potato Salad Fresh Fruit Pumpnickel Bread Mustard Fortified Juice  PFS-Sliced Roast Beef & Cheese			

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

**OVER →**

MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.