

June 2018 Frozen Meals




Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<p>1) Sliced Roast Beef w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Diced Peaches Oranges Juice Milk</p>	<p>2) Baked Meatballs w/Sweet & Sour Sauce Brown Rice Sliced Carrots Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk</p>	<p>3) Breaded Chicken Patty Tater Tots Broccoli Wheat Hamburger Bun w/ Ketchup Fruit Cocktail Cranberry Juice & Milk</p>
<p>4) Beef Hot Dog Baked Beans Mixed Greens Wheat Hot Dog Bun Ketchup & Mustard Tropical Fruit Orange Juice Milk</p>	<p>5) Sliced Turkey w/Gravy Whipped Potatoes Sliced Carrots Biscuit w/Marg Diced Peaches Cranberry Juice Milk</p>	<p>6) Bruschetta Beef Au Gratin Rotini Green Beans Wheat Bread w/Marg Fruit Cocktail Orange Juice Milk</p>	<p>7) Veggie Burger Potato Wedges Green Peas Wheat Hamburger Bun Ketchup Spiced Apples Orange Juice Milk</p>	<p>8) Chicken Breast w/Picante Sauce O'Brien Potatoes Spinach Corn Muffin w/Marg Tropical Fruit Grape Juice Milk</p>	<p>9) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Capri Vegetables Italian Bread w/Marg Fruit Cocktail Orange Juice Milk</p>	<p>10) Salisbury Steak w/Gravy Scalloped Potatoes Green Beans Wheat Bread w/Marg Diced Peaches Cranberry Juice Milk</p>
<p>11) Swedish Meatballs Whole Grain Penne Glazed Carrots Wheat Bread w/Marg Tropical Fruit Apple Juice Milk</p>	<p>12) Apple Glazed Chicken Mashed Spiced Yams Green Beans Dinner Roll w/Marg Pineapple Tidbits Cranberry Juice Milk</p>	<p>13) Ginger Pepper Steak Brown Rice Broccoli Wheat Roll w/Marg Cinnamon Applesauce Grape Juice Milk</p>	<p>14) Baked Chicken w/Mushroom Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Pears Orange Juice Milk</p>	<p>15) Swiss Steak White Beans w/Arugula Garden Vegetables Dinner Roll w/Marg Pineapple Tidbits Cranberry Juice Milk</p>	<p>16) BBQ Chicken Breast Baked Beans Collard Greens Biscuit w/Marg Tropical Fruit Apple Juice Milk</p>	<p>17) Meatballs w/Gravy Whole Grain Penne Sliced Carrots Dinner Roll w/Marg Pineapple Tidbits Orange Juice Milk</p>
<p>18) Honey Mustard Chicken Scalloped Potatoes Harvard Beets Wheat Bread w/Marg Sliced Peaches Cranberry Juice Milk</p>	<p>19) Honey Baked Chicken Corn O'Brien Sliced Carrots Dinner Roll w/Marg Pineapple Tidbits Orange Juice Milk</p>	<p>20) BBQ Beef Riblet Baked Beans Cabbage Wheat Hamburger Bun Spiced Apples Grape Juice Milk</p>	<p>21) Chicken Shawarma Yellow Rice Broccoli Wheat Pita Bread Tropical Fruit Grape Juice Milk</p>	<p>22) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Green Beans Garlic Breadstick w/Marg Diced Pears Cranberry Juice Milk</p>	<p>23) Meatloaf w/Gravy Whipped Potatoes Sliced Carrots Wheat Roll w/Marg Mandarin Oranges Apple Juice Milk</p>	<p>24) Parmesan Chicken Patty Garlic & Red Pepper Penne Spinach Italian Bread w/Marg Tropical Fruit Grape Juice Milk</p>
<p>25) Sliced Roast Beef w/Gravy Whipped Potatoes California Vegetables Wheat Roll w/Marg Sliced Peaches Cranberry Juice Milk</p>	<p>26) Hawaiian Chicken Black Beans & Rice Zucchini & Squash Wheat Bread w/Marg Applesauce Cranberry Juice Milk</p>	<p>27) Sweet & Sour Meatballs Confetti Rice Sliced Carrots Wheat Bread w/Marg Mandarin Oranges Cranberry Juice Milk</p>	<p>28) Sliced Turkey w/Gravy Delmonico Potatoes Brussels Sprouts Dinner Roll w/Marg Applesauce Grape Juice Milk</p>	<p>29) BBQ Chicken Breast Black Eyed Peas Collard Greens Biscuit w/Marg Peaches & Pears Orange Juice Milk</p>	<p>30) Country Fried Steak w/Country Gravy Macaroni & Cheese Green Peas Wheat Roll w/Marg Diced Pears Orange Juice Milk</p>	<p>1) Swiss Steak Mashed Spiced Yams Mixed Vegetables Dinner Roll w/Marg Tropical Fruit Apple Juice Milk</p>

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 <p>4) Honey Baked Chicken Mashed Spiced Yams Broccoli Wheat Bread w/Marg Diced Peaches Fortified Juice</p>	 <p>5) Sweet & Sour Meatballs Garden Medley Rice Japanese Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice</p>	 <p>6) Sliced Turkey w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Diced Peaches Fortified Juice</p>		<p>1) Country Fried Steak w/Country Gravy Lima Beans California Vegetables Wheat Bread w/Marg Mandarin Oranges Fortified Juice</p> <p>8) Bourbon Style Chicken Baked Beans Garden Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice</p>		
<p>11) Cranberry Dijon Chicken Crispy Cubed Potatoes Green Beans Wheat Bread w/Marg Sliced Apples Fortified Juice</p>	<p>12) Beef Patty w/Onion Gravy Whipped Potatoes Green Peas Wheat Roll w/Marg Diced Peaches Fortified Juice</p>	<p>13) Hamburger w/Brown Gravy Macaroni & Cheese Brussels Sprouts Wheat Bread w/Marg Pineapple Tidbits Fortified Juice</p>	<p>14) Beef Italiano Lima Beans Sliced Carrots Dinner Roll w/Marg Diced Peas Fortified Juice</p>	<p>15) Chicken w/Alfredo Sauce Fettuccini Noodles Italian Blend Veggies Wheat Roll w/Marg Tropical Fruit Fortified Juice</p>		
<p>18) Beef Fiesta Mac Green Beans Hot Spiced Fruit Italian Bread w/Marg Fortified Juice</p>	<p>19) Pizzaiola Beef Patty Black Eyed Peas Sliced Carrots Dinner Roll w/Marg Diced Peas Fortified Juice</p>	<p>20) Chicken Tenders Macaroni & Cheese Mixed Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice</p>	<p>21) Roast Beef w/Gravy Whipped Potatoes Stewed Tomatoes Wheat Bread w/Marg Pineapple Tidbits Fortified Juice</p>	<p>22) Turkey Breast w/Gravy O'Brien Hashbrowns Brussels Sprouts Wheat Roll w/Marg Sliced Peaches Fortified Juice</p>		
<p>25) Creole Chicken Lima Beans Mixed Vegetables Wheat Bread w/Marg Mandarin Oranges Fortified Juice</p>	<p>26) Teriyaki Meatballs Brown Rice Sliced Carrots Wheat Bread w/Marg Tropical Fruit Fortified Juice</p>	<p>27) Breaded Chicken Patty Tater Tots Stewed Tomatoes Wheat Hamburger Bun Ketchup Diced Peas Fortified Juice</p>	<p>28) Spanish Beef Yellow Rice Green Peas Wheat Roll w/Marg Sliced Peaches Fortified Juice</p>	<p>29) Swiss Steak Whipped Potatoes Broccoli Dinner Roll w/Marg Sliced Apples 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

OVER →