





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

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
|   |  <p><b>MEALS</b><br/><i>on WHEELS</i><br/>OF CENTRAL MARYLAND<br/><i>More than a meal™</i></p> <p>Heartfelt<br/><b>THANKS</b><br/><b>TO OUR VOLUNTEERS!</b></p> |    |  | <p>1) Chicken Breast<br/>w/Picante Sauce<br/>O'Brien Potatoes<br/>Spinach<br/>Corn Muffin w/Marg<br/>Tropical Fruit<br/>Grape Juice<br/>Milk</p>  |
| <p>4) Swedish Meatballs<br/>Whole Grain Penne<br/>Glazed Carrots<br/>Wheat Bread<br/>Tropical Fruit<br/>Apple Juice<br/>Milk</p>   | <p>5) No Meal Delivery Today-<br/>Meals were sent on 5/29 for<br/>use today.</p>   | <p>6) Ginger Pepper Steak<br/>Brown Rice<br/>Broccoli<br/>Wheat Roll w/Marg<br/>Cinnamon Applesauce<br/>Grape Juice<br/>Milk</p>   | <p>7) Baked Chicken<br/>w/Mushroom Gravy<br/>Whipped Potatoes<br/>Peach Crisp<br/>Cucumber &amp; Tomato Salad<br/>Wheat Bread w/Marg<br/>Orange Juice<br/>Milk</p>                     | <p>8) Stuffed Salmon<br/>w/Old Bay Cream Sauce<br/>White Beans w/Arugula<br/>Garden Vegetables<br/>Dinner Roll w/Marg<br/>Fresh Fruit<br/>Cranberry Juice<br/>Milk<br/><i>PFS-Swiss Steak w/Gravy</i></p> |
| <p>11) Honey Mustard<br/>Chicken<br/>Scalloped Potatoes<br/>Harvard Beets<br/>Wheat Bread w/Marg<br/>Sliced Peaches<br/>Cranberry Juice<br/>Milk</p>                     | <p>12) 10 Grain Pollock<br/>Corn O'Brien<br/>Sliced Carrots<br/>Dinner Roll w/Marg<br/>Strawberry Glazed Fruit<br/>Orange Juice<br/>Milk<br/><i>PFS-Honey Baked Chicken</i></p>  | <p>13) BBQ Beef Riblet<br/>Baked Beans<br/>Hot Spiced Apples<br/>Coleslaw<br/>Wheat Hamburger Bun<br/>Grape Juice<br/>Milk</p>   | <p>14) Chicken Shawarma<br/>Yellow Rice<br/>Mixed Fruit Crisp<br/>Diced Tomato Salad<br/>Wheat Pita Bread<br/>Grape Juice<br/>Milk</p>   | <p>15) Baked Meatballs<br/>w/Marinara Sauce<br/>Whole Grain Rotini<br/>Green Beans<br/>Garlic Breadstick w/Marg<br/>Fresh Fruit<br/>Cranberry Juice<br/>Milk</p>  |
| <p>18) Sliced Roast Beef<br/>w/Gravy<br/>Whipped Potatoes<br/>California Vegetables<br/>Wheat Roll w/Marg<br/>Brownie<br/>Fresh Fruit<br/>Cranberry Juice &amp; Milk</p> | <p>19) Hawaiian Chicken<br/>Black Beans &amp; Rice<br/>Zucchini &amp; Squash<br/>Wheat Bread w/Marg<br/>Fresh Fruit<br/>Cranberry Juice<br/>Milk</p>   | <p>20) Sweet &amp; Sour Meatballs<br/>Confetti Rice<br/>Sliced Carrots<br/>Wheat Bread w/Marg<br/>Fresh Fruit<br/>Cranberry Juice<br/>Milk</p>                               | <p>21) Sliced Turkey<br/>w/Gravy<br/>Delmonico Potatoes<br/>Brussels Sprouts<br/>Dinner Roll w/Marg<br/>Applesauce<br/>Grape Juice<br/>Milk</p>  | <p>22) BBQ Chicken Thigh<br/>Black Eyed Peas<br/>Collard Greens<br/>Biscuit w/Marg<br/>Peaches &amp; Pears<br/>Orange Juice<br/>Milk</p>  |
| <p>25) Meatloaf<br/>w/Gravy<br/>Sweet Potatoes<br/>Mixed Vegetables<br/>Wheat Bread w/Marg<br/>Tropical Fruit<br/>Grape Juice<br/>Milk</p>                               | <p>26) Breaded Chicken Patty<br/>w/Marinara Sauce<br/>Garlic Rotini<br/>Spinach<br/>Italian Bread w/Marg<br/>Mandarin Oranges &amp;<br/>Pineapple<br/>Apple Juice &amp; Milk</p>   | <p>27) Italian Turkey Sausage<br/>Sauteed Peppers &amp; Onions<br/>Crispy Cubed Potatoes<br/>Wheat Hot Dog Bun<br/>Mustard<br/>Sliced Pears<br/>Cranberry Juice<br/>Milk</p> | <p>28) Potato Crusted Fish<br/>Brown Rice<br/>Green Peas<br/>Wheat Bread w/Marg<br/>Tartar Sauce<br/>Fresh Fruit<br/>Orange Juice &amp; Milk<br/><i>PFS- Baked Chicken w/Gravy</i></p> | <p>29) Beef &amp; Bean Burrito<br/>w/Enchilada Sauce<br/>Mixed Beans<br/>Summer Vegetables<br/>Fresh Fruit<br/>Cranberry Juice<br/>Milk</p>   |

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

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|--|--|
|                                   |   |   |  | <b>1) Southwest Chicken Salad</b><br>w/Salad Dressing<br>Mediterranean Lentil Salad<br>Fresh Fruit<br>Wheat Roll<br>Fortified Juice                                  |
| <b>4) Zesty Baja Chicken Salad</b><br>Patriotic Bean Salad<br>Fresh Fruit<br>Wheat Bread<br>Fortified Juice        | <b>5) No Meal Delivery Today-<br/>Meals were sent on 5/29 for<br/>use today.</b><br>      | <b>6) Tuna Salad</b><br>Three Beans Salad<br>Sliced Pears<br>Kaiser Roll<br>Fortified Juice<br><br><i>PFS-Chicken Salad</i> | <b>7) Sliced Ham &amp; Cheese</b><br>Carrot Raisin Salad<br>Sliced Apples<br>Pumpnickel Bread<br>Mustard<br>Fortified Juice<br><i>PFS-Sliced Turkey &amp; Cheese</i> | <b>8) Chicken Caesar Salad</b><br>w/Dressing<br>Pasta Salad<br>Pineapple Tidbits<br>Wheat Roll<br>Fortified Juice  |
| <b>11) Egg Salad</b><br>Copper Pennies<br>Fresh Fruit<br>Wheat Bread<br>Fortified Juice                            | <b>12) Sliced Roast Beef<br/>&amp; Swiss Cheese</b><br>Coleslaw<br>Applesauce<br>Wheat Bread<br>Mayo<br>Fortified Juice  | <b>13) Turkey Chef Salad</b><br>w/Dressing<br>Confetti Corn Salad<br>Tropical Fruit<br>Wheat Roll<br>Fortified Juice        | <b>14) Tuna Salad</b><br>Black Eyed Pea Salad<br>Fresh Fruit<br>Kaiser Roll<br>Fortified Juice<br><br><i>PFS-Egg Salad</i>   | <b>15) Sliced Turkey, Ham, &amp;<br/>Cheese</b><br>Pasta Salad<br>Fresh Fruit<br>French Baguette<br>Mayo<br>Fortified Juice<br><i>PFS-Sliced Turkey &amp; Cheese</i> |
| <b>18) Egg Salad</b><br>Carrot Raisin Salad<br>Fruit Cocktail<br>Kaiser Roll<br>Fortified Juice                    | <b>19) Sliced Ham &amp; Swiss<br/>Cheese</b><br>Potato Salad<br>Fresh Fruit<br>Pumpnickel Bread<br>Mustard<br>Fortified Juice<br><i>PFS-Sliced Roast Beef &amp; Cheese</i> | <b>20) Chicken Salad</b><br>Mixed Vegetable Salad<br>Pineapple Tidbits<br>Wheat Pita Bread<br>Fortified Juice               | <b>21) Southwest Chicken<br/>Salad</b><br>w/Dressing<br>Pasta Salad<br>Tropical Fruit<br>Wheat Roll<br>Fortified Juice   | <b>22) Sliced Roast Beef</b><br>White Bean Salad w/Olives<br>Fresh Fruit<br>Wheat Hamburger Bun<br>Mayo<br>Fortified Juice   |
| <b>25) Tuna Salad</b><br>Copper Pennies<br>Diced Pears<br>Club Roll<br>Fortified Juice<br><br><i>PFS-Egg Salad</i> | <b>26) Sliced Roast Beef &amp;<br/>Cheese</b><br>Green Bean Salad<br>Diced Peaches<br>Wheat Bread<br>Mayo<br>Fortified Juice   | <b>27) Spinach Salad</b><br>w/Chicken<br>Salad Dressing<br>Chickpea Salad<br>Fresh Fruit<br>Wheat Roll<br>Fortified Juice   | <b>28) Sliced Turkey &amp;<br/>Swiss Cheese</b><br>Coleslaw<br>Pineapple Tidbits<br>Rye Bread<br>Mayo<br>Fortified Juice   | <b>29) Baked Chicken Breast</b><br>w/Pesto Sauce<br>Broccoli Raisin Salad<br>Tropical Fruit<br>Kaiser Roll<br>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 PRIO

**OVER →**

MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.