





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

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

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

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