

August 2022 HOT MEALS -Home Delivered Meals on Wheels of Central Maryland



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1) Breaded Pollack w/ Tartar on Bun Cheesy Baked Rice Hot Spiced Peaches Mixed Green Salad w/Assorted Dressing Orange Juice & Milk PFS-Chicken Patty</p>	<p>2) BBQ Chicken Thigh Black-eyed Peas Collard Greens Biscuit Applesauce Grape Juice Milk</p>	<p>3) Beef & Chicken Meatballs w/ Korean BBQ Sauce Confetti Rice Sliced Carrots WW Bread Tropical Fruit Grape Juice Milk</p>	<p>4) Stuffed Shells w/ Marinara Sauce Broccoli Northern Beans WW Bread Fresh Fruit Milk</p>	<p>5) Sliced Turkey w/ Brown Gravy Delmonico Potatoes Brussel Sprouts Wheat Roll Fresh Fruit Milk</p>
<p>8) Baked Chicken Thigh w/ Coconut Curry Sauce Brown Rice Kale WW Bread Fresh Fruit Milk</p>	<p>9) Meatloaf w/ Brown Gravy Whipped Potatoes Glazed Carrots Wheat Roll Mandarin Oranges Grape Juice Milk</p>	<p>10) Chicken Cacciatore Buttered Rotini Garlic Spinach WW Bread Tropical Fruit Apple Juice Milk</p>	<p>11) Pulled Cuban Pork on Bun Black Beans Plantains Coleslaw Grape Juice Milk PFS- Hamburger</p>	<p>12) Potato Crusted Fish w/ Tartar Sauce Macaroni & Cheese Broccoli Wheat Roll Fresh Fruit Milk PFS-Orange Glazed Chicken</p>
<p>15) Parmesan Chicken Patty Garlic Penne Pasta Green Beans WW Bread Tropical Fruit & Apple Juice Milk</p>	<p>16) Salisbury Beef w/ Brown Gravy Whipped Potatoes Mixed Vegetables Biscuit Pineapple & Orange Juice Milk</p>	<p>17) Pork Loin w/ Onion Gravy Scalloped Potatoes Green Peas Wheat Roll Fresh Fruit & Orange Juice Milk PFS-Meatloaf</p>	<p>18) Creamy Paprika Chicken Rice Pilaf Ratatouille WW Bread Fresh Fruit Milk</p>	<p>19) Baked Cod Loin w/ Old Bay Cream Sauce Obrien Potatoes Spinach WW Roll Fresh Fruit & Orange Juice Chocolate Cake Milk PFS-Chicken w/ Old Bay Sauce</p>
<p>22) Beef Meatballs w/ Peking Sauce Brown Rice Japanese Veg Blend Mandarin Oranges Apple Juice Milk</p>	<p>23) Chicken Marsala Buttered Bow Tie Pasta Broccoli WW Bread Fresh Fruit Milk</p>	<p>24) Beef Hot Dog on Bun Baked Beans Hot Spiced Pears Coleslaw Grape Juice Milk Ketchup & Mustard</p>	<p>25) Breaded Pollack on Bun Macaroni & Cheese Kale Fresh Fruit Milk PFS-Hamburger</p>	<p>26) Glazed Ham Spiced Mashed Yams Squash/Zucchini WW Bread Tropical Fruit & Apple Juice Milk PFS-Swiss Steak</p>
<p>29) Swedish Meatballs w/ Penne Pasta Peas & Carrots WW Bread Peaches & Orange Juice Milk</p>	<p>30) Pork Loin w/ Apple Glaze Spiced Yams Brussel Sprouts Wheat Roll Fresh Fruit Milk PFS-Apple Glazed Chicken</p>	<p>31) Potato Crusted Fish White Bean & Arugula Broccoli WW Bread Fresh Fruit Milk PFS-Creole Steak</p>		



August 2022 COLD MEALS-Home Delivered *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Ham & Swiss on WW Bread Macaroni Salad Fresh Fruit Fortified Juice Mustard PFS-Roast Beef & Swiss	2) Tuna Salad on Kaiser Roll Citrus Carrot Salad Tropical Fruit Fortified Juice PFS-Egg Salad	3) Chicken Salad on WW Pita Bread Cucumber Salad Pineapple Tidbits Fortified Juice	4) Oriental Chicken Salad Pasta Salad WW Roll Fruit Cocktail Fortified Juice	5) Turkey & American Cheese on WW Bun White Bean Salad w/ Olives Fresh Fruit Fortified Juice Mayonnaise
8) Tuna & White Bean Salad on WW Pita read Cucumber Salad Pears Fortified Juice	9) Turkey & Swiss Cheese on Rye Bread Green Bean Salad Peaches Mayonnaise Fortified Juice	10) Chicken Salad on WW Hamburger Bun Lemon Dijon Carrot Salad Tropical Fruit Fortified Juice	11) Ham & Swiss on Kaiser Roll Mexican Coleslaw Pineapple Tidbits Fortified Juice Mustard PFS-Turkey & Swiss	12) Spinach Salad w/ Chicken Chickpea Salad Fresh Fruit Assorted Dressing Fortified Juice
15) Tuna Salad on WW Pita Bread Green Pea Salad Fresh Fruit Fortified Juice PFS-Chicken Salad	16) Greek Chicken Salad Mediterranean Lentil Salad WW Roll Fresh Fruit Assorted Dressing Fortified Juice	17) Ham & Provolone Cheese on Kaiser Citrus Carrot Salad Pineapple Tidbits Mayonnaise Fortified Juice PFS- Roast Beef	18) Egg Salad on Wheat Bread Pineapple Slaw Applesauce Fortified Juice	19) Turkey & American Cheese on Rye Bread Honey Lime Corn Salad Fresh Fruit Mayonnaise Fortified Juice
22) Tuna Salad on WW Pita Bread Broccoli Raisin Salad Pineapple Tidbits Fortified Juice PFS-Egg Salad	23) Turkey & American Cheese on Multi-Grain Bread Chickpea Salad Fresh Fruit Mayonnaise Fortified Juice	24) Ham & Swiss on WW Bread Beet Salad Spiced Apples Mustard Fortified Juice PFS-Roast Beef	25) Chicken Salad on Kaiser Roll Copper Pennies Tropical Fruit Fortified Juice	26) Chicken Pasta Salad Green Bean Salad Peaches WW Roll Fortified Juice
29) Chicken Salad on Multi-Grain Bread Patriotic Bean Salad Fresh Fruit Fortified Juice	30) Turkey & American Cheese on White Bread Honey Ginger Carrots Fresh Fruit Mayonnaise Fortified Juice	31) Tuna Salad on Kaiser Roll Three Bean Salad Pears Fortified Juice PFS-Egg Salad		

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

