

# August 2023 **HOT MEALS-Home Delivered** *Meals on Wheels of Central Maryland*



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><i>August 21<sup>st</sup>.....</i></p> 	<p>1) Sweet &amp; Sour Meatballs Lo Mein Noodles Ginger Carrots WW Bread Tropical Fruit Apple Juice &amp; Milk</p>	<p>2) Chicken Fried Rice Broccoli Hot Spiced Fruit WG Roll Apple Juice &amp; Milk</p>	<p>3) 10 Grain Pollack on Bun Northern Beans Green Beans Peaches Orange Juice &amp; Milk PFS-Beef Patty</p>	<p>4) Mexican Picadillo Enchilada Sauce Spanish Rice Fiesta Vegetable Blend Fresh Fruit &amp; Milk</p>
<p>7) Meatloaf w/ Gravy Lima Beans Parslied Carrots WW Bread Tropical Fruit Apple Juice &amp; Milk</p>	<p>8) Creamy Chicken Tikka Coconut Brown Rice Green Beans &amp; Red Peppers White Bread Fresh Fruit &amp; Milk</p>	<p>9) Pulled BBQ Pork on Bun Baked Beans Broccoli/Raisin Salad Applesauce Grape Juice &amp; Milk  PFS- Hamburger</p>	<p>10) Chicken Marinara Broccoli/Cauliflower Spiced Pears Whole Grain Roll Orange Juice &amp; Milk</p>	<p>11) Potato Crusted Pollack Garlic Mashed Potatoes Garden Vegetable Blend Wheat Bread Mandarin Oranges Apple Juice &amp; Milk PFS- Salisbury Steak</p>
<p>14) Parmesan Chicken Patty Garlic Penne Pasta Tuscany Veg Blend WW bread Pineapple tidbits Orange Juice &amp; Milk</p>	<p>15) Salisbury Beef w/ Steakhouse Sauce Whipped Potatoes Capri Blend WG Roll Fresh Fruit &amp; Milk</p>	<p>16) Soy Ginger Chicken Breast Brown Rice Kale White Bread Fresh Fruit &amp; Milk</p>	<p>17) Hamburger on Bun Baked Beans Glazed Carrots Pears Orange Juice</p>	<p>18) Glazed Ham Crispy Cubed Potatoes Spinach White Bread Mandarin Oranges Apple Juice &amp; Milk</p>
<p>21) <b>Senior Citizens Day!</b> 10 Grain Pollack w/ Old Bay Cream Sauce Garlic Whipped Potatoes Brussels Sprouts WW Bread Fresh Fruit &amp; Milk <i>Sugar Cookie</i> <i>PFS-Baked Chicken</i></p>	<p>22) Turkey &amp; Gravy Green Beans Corn WG Roll Applesauce Orange Juice &amp; Milk</p>	<p>23) Beef Hot Dog on Bun Maple Baked Beans Carrots Tropical Fruit Grape Juice &amp; Milk</p> 	<p>24) Turkey Meatballs w/ Chili Garlic Sauce Brown Rice Tangy Cabbage WW Bread Fresh Fruit &amp; Milk</p>	<p>25) 10 Grain Pollack Garlic Parmesan Orzo Brussels Sprouts Fresh Fruit &amp; Milk  PFS- Breaded Chicken Patty</p>
<p>28) Swedish Meatballs w/ Penne Pasta Green Beans WW Bread Pears Orange Juice &amp; Milk</p>	<p>29) Pork Loin w/ Apple Cranberry Demi Glaze Herbed Brown Rice Brussels Sprouts WG Roll Fresh Fruit &amp; Milk PFS- Turkey w/ Apple Cranberry Demi Glaze</p>	<p>30) Baked Beef Ziti Capri Vegetable Blend Spiced Apples Wheat Bread Orange Juice &amp; milk</p>	<p>31) Potato Crusted Pollack Rosemary White Beans Broccoli WG Roll Fresh Fruit &amp; Milk  PFS-Meatloaf w/ Gravy</p>	