

July 2022 HOT MEALS -Home Delivered

Meals on Wheels of Central Maryland




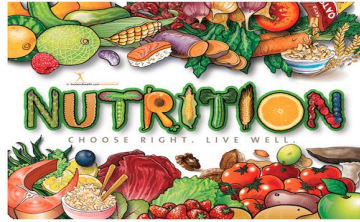

MONDAY

TUESDAY

WEDNESDAY

THURSDAY




FRIDAY

				<p>1) BBQ Chicken Breast Baked Beans Summer Corn Salad Biscuit Cherry Crisp Apple Juice Milk</p>
<p>4) Closed</p> 	<p>5) Salisbury Beef w/ Gravy Whipped Potatoes Mixed Vegetables Biscuit Pineapple Chunks Orange Juice Milk</p>	<p>6) Pork Loin w/ Onion Gravy Scalloped Potatoes Green Peas Wheat Roll Fresh Fruit Orange Juice & Milk PFS-Meatloaf w/ Onion Gravy</p>	<p>7) Creamy Paprika Chicken Rice Pilaf Ratatouille WW Bread Fresh Fruit Milk</p>	<p>8) Hamburger on Bun Baked Beans Carrifruit Salad Hot Spiced Apples Orange Juice Milk Ketchup</p>
<p>11) Beef & Chicken Meatballs w/ Peking Sauce Brown Rice Japanese Vegetable Blend Wheat Roll Mandarin Oranges Apple Juice & Milk</p>	<p>12) Chicken Marsala Buttered Bow Tie Pasta Broccoli WW Bread Fresh Fruit Milk</p>	<p>13) Beef Hot Dog on Bun Baked Beans Cole Slaw Hot Spiced Pears Grape Juice Milk Ketchup & Mustard</p>	<p>14) Breaded Pollack on Bun Tartar Sauce Kale Macaroni & Cheese Fresh Fruit Milk PFS- Hamburger & Ketchup</p>	<p>15) Glazed Ham Mashed Spiced Yams Zucchini & Squash WW Bread Tropical Fruit & Apple Juice Milk PFS- Swiss Steak</p>
<p>18) Swedish Meatballs Penne Pasta Peas & carrots WW Bread Peaches Orange Juice Milk</p>	<p>19) Pork Loin & Apple Glaze Spiced Yams Brussels Sprouts Wheat Roll Fresh Fruit Milk PFS- Apple Glazed Chicken</p>	<p>20) Potato Crusted Fish w/Tartar Sauce White Bean & Arugula Broccoli WW Bread Fresh Fruit Milk PFS-Creole Steak</p>	<p>21) Ziti Bake Garden Vegetable Blend Hot Spiced Apples WW Bread Grape Juice Milk</p>	<p>22) Popcorn Chicken Scalloped Potatoes Green Beans WW Bread Tropical Fruit Apple Juice Milk Ketchup</p>
<p>25) Honey Mustard Chicken Whipped Potatoes Harvard Beets Dinner Roll Fresh Fruit Milk</p>	<p>26) 10 Grain Pollack w/ Tartar Sauce Corn Carrots WW Bread Pineapple Chunks Milk PFS- Turkey & Gravy</p>	<p>27) Hamburger on Bun Baked Beans Coleslaw Hot Spiced Apples Grape Juice Milk</p>	<p>28) Chicken Shawarma Yellow Rice Peach Crisp Cucumber & Tomato Salad WW Pita Bread Orange Juice Milk</p>	<p>29) Beef & Chicken Meatballs w/ Marinara Sauce WG Rotini California Vegetable Blend WW Bread Fresh Fruit Milk</p>

July 2022 COLD MEALS-Home Delivered

Meals on Wheels of Central Maryland



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4) Closed</p> 	 <p>5) Turkey & American Cheese On Rye Bread Honey Lime Corn Salad Fresh Fruit Fortified Juice Mayonnaise</p>	<p>6) Egg Salad on Wheat Bread Pineapple Slaw Applesauce Wheat Bread Fortified Juice</p>	 <p>7) Ham & Provolone on Kaiser Roll Citrus Carrot Salad Pineapple Tidbits Fortified Juice Mayonnaise PFS- Roast Beef & Provolone</p>	<p>1) Spinach Salad w/ Chicken Chick- Pea Salad WW Roll Fresh Fruit Fortified Juice Assorted Dressing</p> <p>8) Greek Chicken Salad Mediterranean Lentil Salad WW Roll Fresh Fruit Fortified Juice Assorted Dressing</p>
<p>11) Tuna Salad on WW Pita Broccoli Raisin Salad Pineapple Tidbits Fortified Juice</p> <p>PFS- Egg Salad</p>	<p>12) Turkey & American Cheese on Multi-Grain Bread Chick- Pea Salad Fresh Fruit Fortified Juice Mayonnaise</p>	<p>13) Chicken Salad on Kaiser Roll Copper Pennies Tropical Fruit Fortified Juice</p>	<p>14) Ham & Swiss on WW Bread w/ Mustard Beet Salad Spiced Apples & Fortified Juice PFS- Roast Beef</p>	<p>15) Chicken Pasta Salad Green Bean Salad Peaches WW Roll Fortified Juice</p>
<p>18) Chicken Salad on Multi- Grain Bread Patriotic Bean Salad Fresh Fruit Fortified Juice</p>	<p>19) Turkey & American Cheese on White Bread Honey Ginger Carrots Fresh Fruit Fortified Juice Mayonnaise</p>	<p>20) Ham & American Cheese on WW Bread Coleslaw Spiced Apples & Fortified Juice PFS- Turkey</p>	<p>21) Tuna Salad on Kaiser Roll Three Bean Salad Sliced Pears Fortified Juice PFS Egg Salad</p>	<p>22) Chicken Caesar Salad Pasta Salad Pineapple Tidbits WW Roll Fortified Juice Assorted Dressing</p>
<p>25) Egg Salad on WW Bread Tuscany Vegetable Salad Fresh Fruit Fortified Juice</p>	<p>26) Roast Beef & Cheese on Wheat Bread Copper Pennies Applesauce Fortified Juice Mustard</p>	<p>27) French Bistro Turkey Salad Cucumber Salad Tropical Fruit Wheat Roll Fortified Juice</p>	<p>28) Lemon Pepper Tuna Salad on WW Pita Bread Black-eyed Pea Salad Fresh Fruit Fortified Juice PFS-Chicken Salad</p>	<p>29) Turkey & Cheddar on Wheat Bread w/ Mustard Pasta Salad Fresh Fruit 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***