




June 2019 Frozen Meals



Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
					1) Turkey Meatballs w/Sweet & Sour Sauce Brown Rice Sliced Carrots WW Bread w/Marg Mandarin Oranges Apple Juice Milk	2) Hamburger Crispy Cubed Potatoes Mixed Vegetables WW Hamburger Bun Ketchup & Mayo Fruit Cocktail Cranberry Juice & Milk
3) Hamburger Crispy Cubed Potatoes Green Peas WW Hamburger Bun Mayo & Ketchup Spiced Apples Orange Juice Milk	4) Beef Santa Fe Chili Brown Rice Spinach Saltine Crackers Tropical Fruit Cranberry Juice Milk	5) Turkey Burger Sauteed Peppers & Onions Broccoli WW Hamburger Bun Mustard Fruit Cocktail Apple Juice Milk	6) Cabbage Roll w/Marinara Sauce Whipped Potatoes Green Beans WW Bread w/Marg Cinnamon Applesauce Orange Juice Milk	7) Sliced Turkey w/Gravy Lima Beans Sliced Carrots Biscuit w/Marg Mandarin Oranges Apple Juice Milk	8) Salisbury Steak w/Gravy Scalloped Potatoes Green Beans WW Bread w/Marg Diced Peaches Cranberry Juice Milk	9) Grilled Chicken Breast w/Cacciatore Sauce WG Rotini Broccoli Italian Bread w/Marg Fruit Cocktail Orange Juice Milk
10) Swedish Meatballs Penne Pasta Peas & Carrots WW Bread w/Marg Sliced Peaches Cranberry Juice Milk	11) Apple Glazed Chicken Mashed Spiced Yams Green Beans Dinner Roll w/Marg Diced Pears Orange Juice Milk	12) Creole Steak White Beans w/Arugula Garden Vegetables WW Roll w/Marg Fruit Cocktail Cranberry Juice Milk	13) Beef Ziti Broccoli Hot Spiced Fruit Italian Bread w/Marg Fruit Punch Juice Milk	14) Grilled Chicken w/Mushroom Gravy Whipped Potatoes Brussels Sprouts WW Bread w/Marg Tropical Fruit Apple Juice Milk	15) Hamburger Tater Tots Mixed Vegetables WW Hamburger Bun Mayo & Ketchup Applesauce Orange Juice Milk	16) Sliced Turkey w/Gravy Garlic Whipped Potatoes Green Peas Wheat Bread w/Marg Sliced Pears Cranberry Juice Milk
17) Honey Mustard Chicken Scalloped Potatoes Harvard Beets WW Bread w/Marg Applesauce Cranberry Juice Milk	18) Honey Baked Chicken Corn Sliced Carrots Dinner Roll w/Marg Pineapple Tidbits Orange Juice Milk	19) BBQ Beef Riblet Baked Beans Mixed Vegetables WW Hamburger Bun Spiced Apples Fruit Punch Milk	20) Chicken Shawarma Yellow Rice Okra & Stewed Tomatoes WW Pita Bread Diced Pears Orange Juice Milk	21) Sliced Roast Beef w/Gravy Whipped Potatoes Green Beans WW Roll w/Marg Tropical Fruit Cranberry Juice Milk	22) Grilled Chicken w/Apricot Mustard Sauce Brown Rice Broccoli WW Roll w/Marg Pineapple Tidbits Fruit Punch Milk	23) Salisbury Steak w/Gravy Lima Beans Stewed Tomatoes WW Bread w/Marg Mandarin Oranges Appel Juice Milk
24) Hawaiian Chicken Cheesy Baked Rice Green Beans WW Roll w/Marg Fruit Cocktail Cranberry Juice Milk	25) BBQ Chicken Breast Black Eyed Peas Collard Greens Biscuit w/Marg Applesauce Fruit Punch Juice Milk	26) Baked Meatballs w/Korean BBQ Sauce Confetti Rice Sliced Carrots WW Bread w/Marg Diced Peaches Cranberry Juice Milk	27) Cheese Lasagna w/Tomato Basil Sauce Mixed Vegetables Hot Spiced Fruit Italian Bread w/Marg Orange Juice Milk	28) Sliced Turkey w/Brown Gravy Delmonico Potatoes Brussels Sprouts WW Roll w/Marg Peaches & Pears Apple Juice Milk	29) Beef & Rice Casserole Corn Green Beans Wheat Bread w/Marg Diced Peaches Orange Juice Milk	30) Chicken w/Mushroom Gravy Whipped Potatoes Sliced Carrots WW Roll w/Marg Sliced Apples Cranberry Juice Milk

OVER →

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<p>3) Bourbon Style Chicken Baked Beans Garden Vegetables WW Roll w/Marg Tropical Fruit Fortified Juice</p>	<p>4) Honey Baked Chicken Mashed Spiced Yams Broccoli WW Bread w/Marg Diced Peaches Fortified Juice</p>	<p>5) Sweet & Sour Meatballs Garden Medley Rice Japanese Vegetables Dinner Roll w/Marg Tropical Fruit Fortified Juice</p>	<p>6) Sliced Turkey w/Gravy Whipped Potatoes Glazed Carrots WW Roll w/Marg Fruit Cocktail Fortified Juice</p>	<p>7) Beef Chili w/Beans Corn Mixed Greens Saltine Crackers Diced Pears Fortified Juice</p>		
<p>10) Cranberry Dijon Chicken Lima Beans Cauliflower Wheat Bread Sliced Apples Fruit Punch Fortified Juice</p>	<p>11) Sliced Turkey w/Gravy Macaroni & Cheese Brussels Sprouts Dinner Roll w/Marg Pineapple Tidbits Fortified Juice</p>	<p>12) Swiss Steak w/Brown Gravy Glazed Carrots WW Roll w/Marg Tropical Fruit Fortified Juice</p>	<p>13) Grilled Chicken w/Onion Gravy Whipped Potatoes Green Peas WW Roll w/Marg Fortified Juice</p>	<p>14) Cheese Lasagna Roll Up w/Marinara Sauce Corn Broccoli Italian Bread w/Marg Diced Pears Fortified Juice</p>		
<p>17) Beef Hot Dog Sauerkraut Ranch Beans WW Hot Dog Bun Ketchup & Mustard Diced Peaches Fortified Juice</p>	<p>18) Sliced Turkey w/Brown Gravy Whipped Potatoes Garden Vegetables WW Bread w/Marg Tropical Fruit Fortified Juice</p>	<p>19) Parmesan Chicken Patty Garlic Rotini Green Peas Italian Bread w/Marg Pineapple Tidbits Fortified Juice</p>	<p>20) Beef Chili w/Beans Corn Mixed Greens Saltine Crackers Fruit Cocktail Fortified Juice</p>	<p>21) Turkey Meatballs w/Sweet & Sour Sauce Brown Rice Sliced Carrots WW Bread w/Marg Mandarin Oranges Fortified Juice</p>		
<p>24) Swiss Steak w/Gravy Macaroni & Cheese Mixed Vegetables Dinner Roll w/Marg Fruit Cocktail Fortified Juice</p>	<p>25) Beef Fiesta Mac Corn Green Beans WW Roll w/Marg Diced Peaches Fortified Juice</p>	<p>26) Sliced Turkey w/Supreme Sauce Lima Beans Sliced Carrots Dinner Roll w/Marg Fruit Cocktail Fortified Juice</p>	<p>27) Hamburger Crispy Cubed Potatoes Mixed Vegetables WW Hamburger Bun Ketchup Spiced Apples Fortified Juice</p>	<p>28) Chicken Alfredo WG Penne Pasta Italian Vegetables WW Bread w/Marg Tropical 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

OVER →