

June 2019 HOT MEALS-Home Delivered Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) Swedish Meatballs Penne Pasta Peas & Carrots WW Bread w/Marg Sliced Peaches Cranberry Juice Milk</p>	<p>4) Pork Roast w/Apple Glaze Mashed Spiced Yams Green Beans Dinner Roll w/Marg Fresh Fruit Orange Juice Milk PFS-Apple Glazed Chicken</p>	<p>5) Baked Cod Loin w/Old Bay Cream Sauce White Beans w/Arugula Garden Vegetables WW Roll w/Marg Fresh Fruit Cranberry Juice Milk PFS-Creole Steak</p>	<p>6) Beef Ziti Broccoli Hot Spice Apples Italian Bread w/Marg Fruit Punch Juice Milk</p>	<p>7) Baked Chicken w/Mushroom Gravy Whipped Potatoes Brussels Sprouts WW Bread w/Marg Tropical Fruit Apple Juice Milk</p>
<p>10) Honey Mustard Chicken Scalloped Potatoes Harvard Beets WW Bread w/Marg Fresh Fruit Cranberry Juice Milk</p>	<p>11) 10 Grain Pollock Corn Sliced Carrots Dinner Roll w/Marg Strawberry Glazed Fruit Orange Juice Milk PFS-Honey Baked Chicken</p>	<p>12) BBQ Pork Riblet Baked Beans Hot Spiced Apples Coleslaw WW Hamburger Bun Fruit Punch Juice Milk PFS-BBQ Beef Riblet</p>	<p>13) Offices Closed-Frozen Meals were sent on 6/6 for use today. </p>	<p>14) Sliced Roast Beef w/Gravy Whipped Potatoes Green Beans WW Roll w/Marg Fresh Fruit Brownie Cranberry Juice & Milk</p>
<p>17) Baked Cod Loin w/Lemon Butter Sauce Cheesy Baked Rice Mixed Green Salad w/Dressing WW Roll w/Marg Fresh Fruit Cranberry Juice & Milk PFS-Hawaiian Chicken</p>	<p>18) BBQ Chicken Thigh Black Eyed Peas Collard Greens Biscuit w/Marg Applesauce Milk</p>	<p>19) Baked Meatballs w/Korean BBQ Sauce Confetti Rice Sliced Carrots WW Bread w/Marg Fresh Fruit Cranberry Juice Milk</p>	<p>20) Cheese Lasagna w/Tomato Basil Sauce Mixed Vegetables Hot Spiced Fruit Italian Bread w/Marg Orange Juice Milk</p>	<p>21) Sliced Turkey w/Brown Gravy Delmonico Potatoes Brussels Sprouts WW Roll w/Marg Peaches & Pears Apple Juice Milk</p>
<p>24) Eggplant Parmesan w/Marinara Sauce Parslied Spaghetti Tuscany Vegetables Italian Bread w/Marg Fresh Fruit Cranberry Juice Milk</p>	<p>25) Meatloaf w/Gravy Whipped Potatoes Glazed Carrots WW Bread w/Marg Tropical Fruit Fruit Punch Juice Milk</p>	<p>26) Chicken Cacciatore Buttered Rotini Garlic Spinach Italian Bread w/Marg Mandarin Oranges & Pineapple Apple Juice Milk</p>	<p>27) Pulled Cuban Pork Black Beans Plantains Coleslaw WW Hamburger Bun Cranberry Juice Milk PFS-BBQ Beef Riblet</p>	<p>28) Potato Crusted Fish Garden Medley Rice Broccoli WW Bread w/Marg Tartar Sauce Fresh Fruit Orange Juice Milk PFS- Orange Glazed Chicken</p>
				

June 2019 COLD MEALS-Home Delivered Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) Sliced Ham & Cheese Collard Green Slaw Sliced Apples Pumpnickel Bread Mustard Fortified Juice PFS-Sliced Turkey & Cheese</p>	<p>4) Zesty Baja Chicken Salad Patriotic Bean Salad Fresh Fruit WW Bread Fortified Juice</p>	<p>5) Sliced Roast Beef & Swiss Cheese Carrot Raisin Salad Fresh Fruit WW Hamburger Bun Mayo Fortified Juice</p>	<p>6) Chicken Caesar Salad w/Dressing Pasta Salad Pineapple Tidbits WW Roll Fortified Juice</p>	<p>7) Seafood Salad Three Bean Salad Sliced Pears Kaiser Roll Fortified Juice PFS-Egg Salad</p>
<p>10) Sliced Roast Beef & Muenster Cheese Copper Pennies Applesauce Wheat Bread Mayo Fortified Juice</p>	<p>11) Egg Salad Apple Slaw Fresh Fruit WW Bread Fortified Juice</p>	<p>12) Sliced Turkey & Cheddar Cheese Pasta Salad Fresh Fruit French Baguette Mayo Fortified Juice</p>	<p>13) Offices Closed-Frozen Meals were sent on 6/6 for use today. </p>	<p>14) Turkey Chef Salad w/Dressing Honey Lime Corn Salad Tropical Fruit WW Roll Fortified Juice</p>
<p>17) Sliced Turkey & Cheese White Bean Salad w/Olives Fresh Fruit WW Hamburger Bun Mayo Fortified Juice</p>	<p>18) Salmon Salad Citrus Carrot Salad Tropical Fruit Kaiser Roll Fortified Juice PFS-Egg Salad</p>	<p>19) Sliced Ham & Swiss Cheese Potato Salad Fresh Fruit Pumpnickel Bread Mustard & Fortified Juice PFS-Sliced Roast Beef & Swiss Cheese</p>	<p>20) Chicken Salad Mixed Vegetable Salad Pineapple Tidbits WW Pita Bread Fortified Juice</p>	<p>21) Southwest Chicken Salad w/Dressing Pasta Salad Fruit Cocktail WW Roll Fortified Juice</p>
<p>24) Sliced Ham & Swiss Cheese Mexican Coleslaw Pineapple Tidbits Kaiser Roll Mayo Fortified Juice PFS-Sliced Turkey & Swiss Cheese</p>	<p>25) Spinach Salad w/Chicken w/Dressing Chick Pea Salad Fresh Fruit WW Roll Fortified Juice</p>	<p>26) Sliced Roast Beef & Sliced Cheese Green Bean Salad Diced Peaches WW Bread Mayo Fortified Juice</p>	<p>27) Tuna Salad Broccoli Craisin Salad Sliced Pears WW Pita Bread Fortified Juice</p>	<p>28) Grilled Chicken Breast w/Honey Mustard Sauce Lemon Dijon Carrot Salad Tropical Fruit Croissant Fortified Juice</p>
				

MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

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