

## June 2022 HOT MEALS -Home Delivered

## *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Beef Cabbage Casserole Green Beans Hot Spiced Pears WW Bread Orange Juice Milk	2) Creamy Chicken Tikka Lemon Rice Brussels Sprouts Naan Bread Fresh Fruit Milk	3) Glazed Ham Seasoned Diced Potatoes Scalloped Tomatoes Wheat Bread Applesauce Orange Juice Milk PFS- Glazed Turkey
6) Swedish Meatballs Penne Pasta Peas & Carrots WW Bread Peaches & Orange Juice Milk	7) Pork Loin w/ Apple Glaze Mashed Spiced Yams Brussels Sprouts Wheat Roll Fresh Fruit Milk  PFS- Apple Glazed Chicken	8) Potato Crusted Fish w/ Tartar Sauce White Beans w/ Arugula Broccoli WW Bread Fresh Fruit Milk PFS- Creole Steak	9) Ziti Bake Garden Vegetable Blend Hot Spiced Apples WW Bread Grape Juice Milk	10) Popcorn Chicken Scalloped Potatoes Green Beans WW Bread Tropical Fruit Milk
13) Honey Mustard Chicken Whipped Potatoes Harvard Beets Dinner Roll Fresh Fruit Milk	14) 10 Grain Pollack w/ Tartar Sauce Whole Kernel Corn Carrots WW Bread Pineapple Orange Juice Milk PFS- Turkey & Gravy	15) BBQ Pork Rib Patty Baked Beans Cole Slaw Hot Spiced Apples Hamburger Bun Grape Juice Milk  PFS- Hamburger	16) Chicken Shawarma Yellow Rice Cucumber Tomato Salad Peach Crisp Orange Juice Milk	17) Father's Day Lunch Roast Beef w/ Brown Gravy Whipped Potatoes Mixed Vegetable WW Roll Fresh Fruit Orange Juice Milk Brownie
20) <i>Offices Closed</i> 	21) BBQ Chicken Thigh Black-eyed Peas Collard Greens Biscuit Applesauce Grape Juice Milk	22) Beef/Chicken Meatballs w/ Korean BBQ Sauce Confetti Rice Carrots WW Bread Tropical Fruit & Grape Juice Milk	23) Stuffed Shells w/ Marinara Sauce Northern Beans Broccoli WW Bread Fresh Fruit Milk	24) Turkey & Gravy Delmonico Potatoes Brussel Sprouts Wheat Roll Fresh Fruit Milk
27) Baked Chicken Thigh w/ Coconut Curry Sauce Brown rice Kale WW Bread Fresh Fruit Milk	28) Meatloaf w/ Gravy Whipped Potatoes Glazed Carrots Wheat Roll Mandarin Oranges Grape Juice Milk	29) Chicken Cacciatore Buttered Rotini Garlic Spinach WW Bread Tropical Fruit Apple Juice Milk	30) Pulled Cuban Pork on Hamburger Bun Black Beans Plantains Coleslaw Grape Juice Milk PFS-Hamburger	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Turkey & American Cheese on WW Bread Copper Pennies Pineapple Mustard Fortified Juice Mustard	2) Roast Beef & Swiss on Wheat Bread Beets & Citrus Dressing Fresh Fruit Wheat Bread Fortified Juice Mayonnaise	3) Turkey Chef Salad w/ Assorted Dressing Mediterranean Lentil Salad Fresh Fruit WW Roll Fortified Juice
6) Chicken Salad Patriotic Bean Salad Fresh Fruit Multi Gain Bread Fortified Juice	7) Turkey & Cheese on White Bread Honey Glazed Carrots Fresh Fruit Fortified Juice Mayonnaise	8) Tuna Salad on Kaiser Roll Three Bean Salad Pears Fortified Juice  PFS- Egg Salad	9) Ham & Cheese on WW Bread Coleslaw & Spiced Apples Fortified Juice Mustard PFS- Turkey & Cheese	10) Chicken Caesar Salad w/ Assorted Dressing Pasta Salad Pineapple Tidbits WW Roll Fortified Juice
13) Egg Salad on WW Bread Tuscany Vegetable Salad Fresh Fruit Fortified Juice	14) Roast beef & Cheese on Wheat Bread Copper Pennies Applesauce Fortified Juice Mayonnaise	15) French Bistro Turkey Salad Cucumber Salad Tropical Fruit Wheat Roll Fortified Juice	16) Lemon Pepper Tuna Salad w/ Pita Bread Black-eyed Pea Salad Fresh Fruit Fortified Juice	17) Turkey & Cheddar Cheese on Wheat Bread Pasta Salad Fresh Fruit Fortified Juice Mustard
20) <i>Offices Closed</i> 	21) Tuna Salad on Kaiser Roll Citrus Carrot Salad Tropical Fruit Fortified Juice  PFS-Egg Salad	22) Chicken Salad w/ WW Pita Cucumber Salad Pineapple Tidbits Fortified Juice	23) Oriental Chicken Salad w/ Assorted Dressing Pasta Salad WW Roll Fruit Cocktail Fortified Juice	24) Turkey & Cheese on WW Hamburger Bun White Bean Salad w/ Olives Fresh Fruit Fortified Juice Mayonnaise
27) Tuna White Bean Salad w/ WW Pita Cucumber Salad Sliced Pears Fortified Juice PFS- Egg Salad	28) Turkey & Swiss Cheese on Rye Bread Green Bean Salad Diced Peaches Fortified Juice Mayonnaise	29) Chicken Salad on WW Hamburger Bun Lemon Dijon Carrot Salad Tropical Fruit Salad Fortified Juice	30) Ham & Swiss Cheese on Kaiser Roll Mexican Coleslaw Pineapple Fortified Juice PFS- Turkey & Swiss	

**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**

