




June 2023 HOT MEALS-Home Delivered Meals on Wheels of Central Maryland



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Ziti Bake w/ Beef & Tomato Sauce Broccoli WW Roll Fresh Fruit Milk	2) Cheese Omelet Tater Tots Stewed Tomatoes Biscuit Cinnamon Applesauce Orange Juice & Milk
5) Swedish Beef Meatballs w/ Penne Pasta Green Beans WW Bread Pears Orange Juice & Milk	6) Pork Loin w/ Apple Cranberry Demi Glaze Herbed Brown Rice Brussels Sprouts WG Roll Fresh Fruit Milk PFS-Turkey	7) Beef Ziti Bake w/ Marinara Capri Vegetable Blend Hot Spiced Apples Wheat Bread Orange Juice & Milk	8) Potato Crusted Pollack w/ Tartar Sauce Rosemary White Beans Broccoli WG Roll Fresh Fruit Milk PFS-Meatloaf	9) Italian Sausage w/ Peppers & Onions Oven Roasted Potatoes Carrots WW Bun Tropical Fruit Apple Juice & Milk PFS- Beef Hot Dog
12) Beef Sloppy Joe on Hamburger Bun Garden Vegetable Blend Apple Crisp Orange & Milk	13) Potato Crusted Pollack w/ Tartar Sauce Polenta / Carrots WW Bread Pineapple Tidbits Orange Juice & Milk PFS-Dijon Chicken	14) Pulled Cuban Pork on Bun Ranch Beans Cole Slaw Plantains Apple Juice & Milk PFS-Chicken Patty	15) Thai Coconut Curry Chicken Yellow Rice Tomato Cucumber Salad WW Pita Warm Cinnamon Peaches Orange Juice & Milk	16) <i>Father's Day Special</i> Roast Beef w/ Gravy Whipped Potatoes Garden Vegetable Blend WG Roll Fresh Fruit Chocolate Brownie Orange Juice & Milk
19) <i>Offices Closed</i> 	20) Turkey Meatballs w/ Sweet & Sour Sauce Lo Mein Noodles Ginger Carrots WW Bread Tropical Fruit Apple Juice & Milk	21) Chicken Fried Rice Broccoli Warm Spiced Fruit WG Roll Apple Juice & Milk	22) 10 Grain Pollack on Bun w/ Tartar Sauce Northern Beans Green Beans Peaches Orange Juice & Milk PFS-Hamburger	23) Beef & Bean Burrito w/ Enchilada Sauce Spanish Rice Fiesta Blend Vegetables Fresh Fruit Milk
26) Meatloaf w/ Gravy Lima Beans Parslied Carrots WW Bread Tropical Fruit Apple Juice & Milk	27) Creamy Chicken Tikka w/ Coconut Brown Rice Green Beans w/ Red Peppers White Bread Fresh Fruit Milk	28) BBQ Pulled Pork w/ Bun Baked Beans Warm Spiced Fruit Broccoli Raisin Salad Grape Juice & Milk PFS-Hamburger	29) Chicken Marinara w/ Rotini Pasta Cauliflower & Broccoli WG Roll Spiced Pears Orange Juice & Milk	30) <i>Fourth of July Special</i> BBQ Chicken Drumsticks w/ Roll Baked Beans Cole Slaw Potato Roll Apple Crisp Chocolate Chip Cookie Milk

June 2023 COLD MEALS-Home Delivered *Meals on Wheels of Central Maryland*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Ham & Provolone Cheese on WW Bread Venetian Pasta Salad Fresh Fruit Fortified Juice PFS- Turkey	2) Asian Chicken Salad Chickpea Salad WW Roll Fresh Fruit Fortified Juice
5) Chicken Salad on Multi-Grain Bread Three Bean Tomato Salad Fresh Fruit Fortified Juice	6) Turkey & Cheddar Cheese on WW Bread Lemon Dijon Carrot Salad Pears Fortified Juice	7) Tuna Salad on WW Bread Black Bean Salad Peaches Fortified Juice PFS-Egg Salad	8) Chicken Caesar Salad w/ Croutons Venetian Pasta Salad Pineapple Tidbits Assorted Dressing Fortified Juice	9) Ham & American Cheese on WW Bread Coleslaw Applesauce Fortified Juice PFS-Turkey
12) Egg Salad on WW Bread Citrus Carrot Salad Pineapple Tidbits Fortified Juice	13) Roast Beef & Cheddar Cheese on Wheat Bread Tuscany Vegetable Salad Peaches Fortified Juice	14) Greek Chicken Salad w/ Croutons Dill Potato Salad Fresh Fruit Fortified Juice	15) Lemon Pepper Tuna Salad Black-eyed Pea Salad WW Pita Fresh Fruit Fortified Juice PFS- Chicken Salad	16) Turkey & Swiss Cheese on WW Bread Pasta & Broccoli Salad Fresh Fruit Fortified Juice
19) Offices Closed 	20) Ham & Swiss on WW Bread Macaroni Salad Fresh Fruit Fortified Juice PFS-Roast Beef	21) Turkey & American Cheese on WW Bun Carrot Craisin Salad Tropical Fruit Fortified Juice	22) Asian Chicken Salad w/ Croutons Pasta Salad Assorted Dressing Fresh Fruit Fortified Juice	23) Tuna Salad on Potato Roll Patriotic Bean Salad Fresh Fruit Fortified Juice
26) Chicken Pasta Salad w/ Potato Roll Green Bean Salad Pears Fortified Juice	27) Turkey & American Cheese on White Bread Mediterranean Lentil Salad Fresh Fruit Fortified Juice	28) Chicken Salad on WW Pita Beet Salad w/ Mandarin Oranges Tropical Fruit Fortified Juice	29) Ham & American Cheese on WW Bun Mexican Coleslaw Tropical Fruit Fortified Juice PFS- Turkey	30) French Bistro Turkey Salad on WG Roll Honey Ginger Carrots Pineapple Tidbits Fortified Juice

TO CANCEL A MEAL, SHARE A CONCERN, OR ASK A QUESTION CALL CLIENT ENGAGEMENT AT 410-558-0923. ALL CANCELLATIONS MUST BE IN NO LATER THAN 10:00 A.M. THE DAY PRIOR. MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE