



# June 2024 **HOT MEALS-Home Delivered** Meals on Wheels of Central Maryland



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Beef Stuffed Peppers Yellow Squash Broccoli Dinner Roll Pineapple Tidbits Milk	4) Apple Glazed Pork Loin Mash Yams Brussel Sprouts WG Roll Fresh Fruit Milk PFS Apple Glazed Chicken	5) Cod Loin w/ Creole Sauce White Bean Arugula Mixed Vegetables Italian Cucumber Salad WW Bread Fruit Milk PFS-Creole Steak	6) Beef Ziti Bake Kale Spiced Apples Mixed Green Salad WG Roll Milk	7) Caribbean Glazed Chicken Thigh & Drumstick Rice Pilaf Spring Vegetable Blend Green Pea Salad WG Roll Milk
10) Honey Mustard Chicken Whipped Potatoes Green Beans Dinner Roll Fresh Fruit Milk	11) Tilapia w/ Lemon Scarpariello Sauce Corn Glazed Carrots Cucumber Onion Salad WW Bread Tropical Fruit Milk PFS-Turkey	12) BBQ Pork Baked Beans Collard Greens Cornbread Fresh Fruit Milk PFS-BBQ Meatballs	13) Lemongrass Ginger Chicken Lemon Rice Okra & Tomatoes Pickled Beets WW Bread Mandarin Oranges Milk	14) <i>Father's Day Special</i> Roast Beef & Gravy Whipped Potatoes Brussel Sprouts Cornbread Muffin Fresh Fruit Milk Dessert
17) <i>Offices Closed</i> 	18) BBQ Chicken Thigh & Drumstick Black-eyed Peas Cabbage Muffin Fresh Fruit Milk	19) Beef Meatballs w/ Peking Sauce Brown Rice Green Peas Carrots WW Bread Tropical Fruit Milk	20) Stuffed Shells w/ Marinara Sauce Yellow Squash Broccoli Multi Grain Bread Pears Milk	21) Turkey w/ Tarragon Sauce Delmonico Potatoes Brussel Sprouts Mixed Green Salad WG Roll Peaches Milk
24) Coconut Curry Chicken Parslied Rice Cauliflower Kale Naan Bread Mixed Fruit Milk	25) Meatloaf & Gravy Whipped Potatoes Glazed Carrots WG Roll Fresh Fruit Milk	26) Chicken Cacciatore w/ Rotini Capri Vegetable Blend Garlic Spinach WW Bread Tropical Fruit Milk	27) Cuban Pulled Pork on Bun Black Beans Coleslaw Plantains Mandarin Oranges Milk PFS- Hamburger	28) 10 Grain Pollack Corn Broccoli WG Roll Fresh Fruit Milk PFS- Orange Glaze Chicken
				

# June 2024 COLD MEALS-Home Delivered *Meals on Wheels of Central Maryland*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Chicken Salad on Multi Grain Bread Patriotic Bean Salad Fresh Fruit Fortified Juice	4) Turkey & American Cheese on WW Bread Coleslaw Fresh Fruit Fortified Juice	5) Chicken Caesar Salad Pasta Salad WG Roll Pineapple Tidbits Fortified Juice	6) Tuna Salad on Kaiser Three Bean Salad Diced Pears Fortified Juice  PFS- Egg Salad	7) Ham & American Cheese on Hoagie Copper Pennies Applesauce Fortified Juice PFS- Turkey & American Cheese
10) Egg Salad on WW Bread Tuscany Vegetable Salad Fresh Fruit Fortified Juice	11) Roast Beef & Swiss on Wheat Bread Pasta Salad Applesauce Fortified Juice	12) Turkey Chef Salad Country Tomato Salad Club Roll Tropical Fruit Fortified Juice	13) Lemon Pepper Tuna Salad w/ WW Pita Black-eyed Pea Salad Fresh Fruit Fortified Juice	14) Turkey & American Cheese on Hoagie Carri Fruit Salad Fresh Fruit Fortified Juice
17) <i>Offices Closed</i>  	18) Roast Beef & American Cheese on Bun White Beans & Olives Fresh Fruit Fortified Juice	19) Chicken Salad on WW Pita Mixed Vegetable Salad Pineapple Tidbits Fortified Juice	20) Asian Chicken Salad Green Pea Salad WG Roll Fruit Cocktail Fortified Juice	21) Ham & Swiss on WW Bread Macaroni Salad Fresh Fruit Fortified Juice  PFS- Turkey & Swiss
24) Deviled Egg Salad on Kaiser Italian Cucumber Salad Diced Pears Fortified Juice	25) Chicken Salad on Wheat Bread Mixed Vegetable Salad Diced Peaches Fortified Juice	26) Roast Beef & Provolone Cheese on Wheat Bread Mexican Coleslaw Pineapple Tidbits Fortified Juice	27) Turkey & Swiss Cheese on Rye Lemon Dijon Carrot Salad Fruit Cocktail Fortified Juice	28) Spinach Salad w/ Chicken Chickpea Salad WW Pita Fresh Fruit Fortified Juice
				

[Client Engagement 410-558-0923](tel:410-558-0923)