

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Parmesan Chicken w/ Garlic Penne Pasta Cauliflower Green Beans Multi-Grain Bread Tropical Fruit & Milk	2) Cheeseburger w/ Lettuce, Tomato, & Pickles on Bun Baked Beans Mixed Vegetables Mandarin Oranges Milk	3) BBQ Chicken Corn Fruit Crisp WG Biscuit Citrus Carrot Salad Milk	4) <i>Offices Closed</i> 	5) Salisbury Beef w/ Gravy Mashed Potatoes Mixed Vegetables WG Roll Fresh Fruit Milk
8) Korean BBQ Beef Meatballs Brown Rice Carrots Japanese Vegetable Blend WG Roll Tropical Fruit Milk	9) Garlic Marsala Chicken Bowtie Pasta Green Peas Cauliflower WW Bread Mandarin Oranges & Milk	10) Beef Hot Dog on Bun Baked Beans Coleslaw Spiced Fruit Milk	11) Breaded Pollack on Bun Macaroni & Cheese Pacific Vegetable Blend Milk PFS-Hamburger	12) Pineapple Glazed Chicken Mashed Spiced Yams Broccoli WW Bread Fresh Fruit & Milk
15) Stuffed Peppers w/ Marinara Sauce Yellow Squash Broccoli Dinner Roll Pineapple Tidbits Milk	16) Apple Glaze Pork Loin Mashed Yams Brussel Sprouts WG Roll Fresh Fruit Milk PFS-Apple Glazed Chicken	17) Baked Cod Loin w/ Creole Sauce White Beans & Arugula Mixed Vegetables Italian Cucumber Salad Mandarin Oranges & Milk PFS- Creole Steak	18) Baked Beef Ziti Kale Spiced Apples Mixed Green Salad WG Roll Milk	19) Caribbean Glazed Chicken Rice Pilaf Spring Vegetable Blend Green Pea Salad WG Roll Tropical Fruit & Milk
22) Honey Mustard Chicken Whipped Potatoes Green Beans Dinner Roll Fresh Fruit Milk	23) Tilapia w/ Lemon Scarpariello Sauce Corn & Glazed Carrots Cucumber Salad WW Bread Tropical Fruit & Milk PFS-Turkey	24) BBQ Pork Rib Patty Baked Beans Collard Greens Cornbread Muffin Fresh Fruit Milk PFS- BBQ Beef Meatballs	25) Lemongrass Ginger Glazed Chicken Lemon Rice Okra & Tomatoes Pickled Beets WW Bread Mandarin Oranges & Milk	26) WG Rotini w/ Meat Sauce Yellow Squash Broccoli WW Roll Pears Milk
29) Potato Crusted Pollack Macaroni & Cheese California Vegetable Blend WG Roll Fresh Fruit Milk PFS-Turkey w/ Gravy	30) BBQ Chicken Black-eyed Peas Cabbage Cornbread Fresh Fruit Milk	31) Beef Meatballs w/ Peking Sauce Brown Rice Green Peas Carrots WW Bread Tropical Fruit & Milk	<i>Drink Plenty of Water!</i> 	

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1) Tuna on WW Pita Green Pea Salad Fresh Fruit Fortified Juice</p> <p>PFS-Chicken Salad</p>	<p>2) Ham on Kaiser Bun w/ Lettuce, Tomato & Onion Citrus Carrot Salad Pineapple Tidbits Fortified Juice PFS-Turkey</p>	<p>3) Egg Salad on Wheat Pineapple Slaw Applesauce Fortified Juice</p>	<p>4) <i>Offices Closed</i></p> 	<p>5) Turkey on Rye w/ Lettuce, Tomato, & Onion Honey Lime Corn Salad Fresh Fruit Fortified Juice</p>
<p>8) Krab Mac Salad Broccoli Raisin Salad Pineapple Tidbits Saltine Crackers Fortified Juice</p> <p>PFS- Turkey Salad</p>	<p>9) Turkey on Whole Wheat w/ Lettuce, Tomato, & Onion Chickpea Salad Fresh Fruit Fortified Juice</p>	<p>10) Ham on Whole Wheat w/ Lettuce, Tomato, & Onion Beet Salad Tropical Fruit Fortified Juice</p> <p>PFS- Roast Beef</p>	<p>11) Chicken Salad on WW Pita Copper Pennies Applesauce Fortified Juice</p>	<p>12) Egg Salad on Potato Bun Green Bean Salad Peaches Fortified Juice</p>
<p>15) Chicken Salad on Multi- Grain Bread Patriotic Bean Salad Fresh Fruit Fortified Juice</p>	<p>16) Turkey on WW Bread w/ Lettuce, Tomato, & Onion Coleslaw Fresh Fruit Fortified Juice</p>	<p>17) Chicken Caesar Salad Pasta Salad WG Roll Pineapple Tidbits Fortified Juice</p>	<p>18) Tuna Salad on Kaiser Bun Three Bean Salad Pears Fortified Juice</p>	<p>19) Ham on Hoagie Bun w/ Lettuce, Tomato, & Onion Copper Pennies Applesauce Fortified Juice</p> <p>PFS- Turkey</p>
<p>22) Egg Salad on WW Bread Tuscany Vegetable Salad Fresh Fruit Fortified Juice</p>	<p>23) Roast Beef on Wheat w/ Lettuce, Tomato, & Onions Pasta Salad Applesauce Fortified Juice</p>	<p>24) Turkey Chef Salad Country Tropical Fruit Salad Club Roll Fortified Juice</p>	<p>25) Lemon Pepper Tuna Salad on WW Pita Black Eyed Pea Salad Fresh Fruit Fortified Juice</p> <p>PFS-Chicken Salad</p>	<p>26) Turkey on Hoagie Bun w/ Lettuce, Tomato, & Onion Carri Fruit Salad Fresh Fruit Milk</p>
<p>29) Tuna Salad on Kaiser Bun Citrus Carrot Salad Tropical Fruit Fortified Juice</p>	<p>30) Roast Beef on WW Bun w/ Lettuce, Tomato, & Onion White Bean & Olives Salad Fresh Fruit Fortified Juice</p>	<p>31) Chicken Salad on WW Pita Bread Mixed Vegetable Salad Pineapple Tidbits Fortified Juice</p>		

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