

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
		<i>Nutrition</i>		
5) Coconut Curry Chicken Parslied Rice Cauliflower Kale Nann Mixed Fruit & Milk	6) Meatloaf w/ Gravy Mashed Potatoes Glazed Carrots WG Roll Fresh Fruit Milk	7) Chicken Cacciatore w/ Rotini Capri Vegetable Blend Garlic Spinach WW Bread Tropical Fruit Milk	1) Stuffed Shells w/ Marinara Sauce Yellow Squash Broccoli Multi-grain Bread Pears & Milk	2) Turkey w/ Tarragon Sauce Delmonico Potatoes Brussel Sprouts WG Roll Salad Peaches & Milk
12) Parmesan Chicken w/ Penne Pasta Cauliflower Green Beans Multi-grain Bread Tropical Fruit & Milk	13) Hamburger on Bun w/ Lettuce & Tomato Baked Beans Mixed Vegetables Mandarin Oranges Milk	14) Pork Loin w/ Caramelized Balsamic Onion Jam Sweet Potatoes Collard Greens Cornbread Muffin Fresh Fruit & Milk PFS- Roast Beef	8) Pulled Pork on Bun Black Beans Coleslaw Plantains Mandarin Oranges & Milk PFS- Hamburger	9) 10 Grain Pollack Corn Broccoli WG Roll Fresh Fruit & Milk PFS-Orange Glaze Chicken
19) Korean BBQ Meatballs Brown Rice Carrots Japanese Vegetable Blend WG Roll Tropical Fruit Milk	20) Garlic Chicken Marsala w/ Bow Tie Pasta Green Peas Cauliflower WW Bread Mandarin Oranges Milk	21) National Senior Citizen's Day! Cod w/ Old Bay Cream Sauce O'Brien Potatoes & Broccoli WG Roll Fresh Fruit & Milk Special Dessert PFS-Chicken	15) Paprika Chicken Rice Pilaf Green Peas Ratatouille WW Bread Mixed Fruit & Milk	16) Salisbury Beef w/ Gravy Mashed Potatoes Mixed Vegetables WG Roll Fresh Fruit Milk
26) Stuffed Peppers w/ Marinara Sauce Yellow Squash Broccoli Dinner Roll Pineapple Tidbits Milk	27) Apple Glazed Pork Loin Spiced Yams Brussel Sprouts WG Roll Fresh Fruit Milk PFS-Chicken	28) Baked Cod w/ Creole Sauce White Bean & Arugula Mixed Vegetables Cucumber Salad WW Bread Mandarin Oranges & Milk PFS-Creole Steak	22) Breaded Pollack Macaroni & Cheese Pacific Vegetable Blend Hamburger Bun Fresh Fruit Milk PFS-Hamburger	23) Pineapple Glazed Chicken Mashed Spiced Yams Broccoli WW Bread Fresh Fruit Milk
			29) Baked Beef Ziti Kale Warm Spiced Apples Salad WG Roll Milk	30) Labor Day Special Beef Hot Dog w/ Chili Baked Beans Apple Slaw WW Bun Peach Crisp Milk

August 2024 COLD MEALS- Home Delivered

Meals on Wheels of Central Maryland

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



<p>5) Deviled Egg Salad on Kaiser Roll Italian Cucumber Salad Pears Fortified Juice</p>	<p>6) Chicken Salad on Wheat Bread Mixed Vegetable Salad Peaches Fortified Juice</p>	<p>7) Roast Beef w/ Provolone, Lettuce & Tomato Wheat Bread Mexican Coleslaw Pineapple Tidbits Fortified Juice</p>	<p>8) Turkey & Swiss Cheese on Rye Bread Lemon Dijon Carrot Salad Fruit Cocktail Fortified Juice</p>	<p>9) Spinach Salad w/ Chicken Chickpea Salad WW Pita Bread Fresh Fruit Fortified Juice</p>
<p>12) Tuna Salad on WW Pita Green Pea Salad Fresh Fruit Fortified Juice PFS-Chicken Salad</p>	<p>13) Turkey & Muenster Cheese on Kaiser Bun Citrus Carrot Salad Pineapple Tidbits & Fortified Juice</p>	<p>14) Egg Salad on Wheat Bread Pineapple Slaw Applesauce Fortified Juice</p>	<p>15) Greek Chicken Salad Mediterranean Lentil Salad WG Roll Fresh Fruit Fortified Juice</p>	<p>16) Turkey w/ Swiss Cheese on Rye Bread Honey Lime Corn Salad Fresh Fruit Fortified Juice</p>
<p>19) Krab Macaroni Salad Broccoli Raisin Salad Pineapple Tidbits Fortified Juice PFS-Turkey Salad</p>	<p>20) Turkey w/ Swiss Cheese on WW Bread Chickpea Salad Fresh Fruit Fortified Juice</p>	<p>21) Roast Beef w/ Provolone Cheese on WW Bread Beet Salad Tropical Fruit Fortified Juice PFS- Roast Beef</p>	<p>22) Chicken Salad on WW Pita Copper Pennies Applesauce Fortified Juice</p>	<p>23) Egg Salad on Potato Bun Green Bean Salad Peaches Fortified Juice</p>
<p>26) Chicken Salad on Multi-Grain Bread Patriotic Bean Salad Fresh Fruit Fortified Juice</p>	<p>27) Turkey w/ American Cheese on WW Bread Coleslaw Fresh Fruit Fortified Juice</p>	<p>28) Chicken Caesar Salad Pasta Salad WG Roll Pineapple Tidbits Fortified Juice</p>	<p>29) Tuna Salad on Kaiser Bun Three Bean Salad Pears Fortified Juice PFS-Egg Salad</p>	<p>30) Ham w/ American Cheese on Hoagie Copper Pennies Applesauce Fortified Juice PFS-Turkey</p>

Client Engagement 410-558-0923