

June 2025

HOT MEALS



Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Beef & Cabbage Casserole Glazed Carrots Broccoli Florets Whole Grain Roll Milk & Applesauce	3) Apple Glazed Pork Loin Spiced Yams Zucchini Wheat Bread Fresh Fruit Milk <i>PFS- Apple Glazed Chicken</i>	4) Baked Ziti w/ Marinara Sauce Brussels Sprouts Mixed Green Salad Garlic Breadstick Spiced Pears Milk	5) Baked Tilapia w/ Old Bay Cream Sauce Herbed Green Beans Northern Beans Wheat Bread Fresh Fruit Milk	6) Caribbean Glazed Chicken Drumsticks Rice Pilaf Spring vegetable Blend Cucumber Onion Salad WG Roll Tropical Fruit & Milk
9) Honey Mustard Chicken Mashed Potatoes Lemon Pepper Green Beans WG Roll Fresh Fruit Milk	10) Baked Pollack w/ Chili Garlic Sauce Parslied Carrots Sweet Corn Cucumber Salad Wheat Bread Mandarin Oranges & Milk <i>PFS-Turkey</i>	11) BBQ Pork Ribette on Bun Baked Beans Spinach Fresh fruit Milk <i>PFS-BBQ Meatballs</i>	12) Sweet & Sour Grilled Chicken Lemon Rice Japanese Vegetable Blend Broccoli Raisin Salad Wheat Bread Applesauce & Milk	13) <i>Beef Bolognese w/ Rotini</i> <i>Zucchini & Yellow Squash</i> <i>Garlic Brussels Sprouts</i> <i>WG Roll</i> <i>Pears & Milk</i>
16) Potato Crusted Pollack Macaroni & Cheese California Vegetable Blend WG Roll Fresh Fruit & Milk <i>PFS-Turkey w/ Gravy</i>	17) BBQ Chicken Drumsticks Black-eyed Peas Stewed Collard Greens Cornbread Muffin Fresh Fruit & Milk	18) Teriyaki Meatballs w/ Brown Rice Green Peas & Carrots Wheat Bread Tropical Fruit & Milk	19) <i>Closed for Juneteenth Holiday</i>	20) Roasted Turkey w/ Tarragon Sauce Mashed Potatoes Garlic Brussels Sprouts WG Roll Mixed Green Salad Mandarin Oranges & Milk
23) Honey Ginger Chicken Parslied Rice Seasoned Cauliflower Garden Vegetable Blend Wheat Roll Mixed Fruit & Milk	24) Meatloaf w/ Steakhouse Sauce Mashed Potatoes Glazed Carrots WG Roll Fresh Fruit & Milk	25) Chicken Cacciatore w/ Buttered Rotini Garlic Spinach Summer Vegetable Blend Wheat Bread Applesauce & Milk	26) Cuban Pulled Pork on WW Bun Seasoned Black Beans Key Largo Vegetables Mandarin Oranges & Milk <i>PFS-Hamburger</i>	27) 10 Grain Pollack Cajun Corn Broccoli Florets Wheat Bread Fresh Fruit Milk <i>PFS-Orange Glazed Chicken</i>
30) Pork Loin w/ Country Gravy Roasted Sweet Potatoes Creamed Spinach Cornbread Muffin Fresh Fruit & Milk <i>PFS-Roast Beef w/ Country Gravy</i>				

Client Engagement 410-558-0923

Menu items subject to Change- We Cannot accommodate Most Food Allergies

June 2025 **COLD MEALS** Anne Arundel County *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Chicken Salad on Multigrain Bread Pasta Salad Fresh Fruit Milk	3) Turkey & American Cheese, Lettuce, & Tomato on Multigrain Bread Honey Lime Corn Salad Fresh Fruit & Milk	4) Tuna Salad on Wheat Green Pea Salad Applesauce Milk <i>PFS-Egg Salad</i>	5) Chicken Caesar Salad Chickpea Salad Citrus carrot Salad Saltine Crackers Milk	6) Ham, American Cheese, Lettuce & Tomato on Kaiser Bun Coleslaw Peaches Milk <i>PFS-Turkey & American Cheese</i>
9) Curry Chicken Salad Macaroni Salad Rice Salad Saltine Crackers Fresh Fruit & Milk	10) Roast Beef w/ American Cheese, Lettuce & Tomato on Wheat Cucumber Tomato Salad Applesauce Milk	11) Chef Salad w/ Dressing Pasta Salad Saltine Crackers Fruit Cocktail Milk	12) Lemon Pepper Tuna salad on Wheat Black-eyed Pea Salad Fresh Fruit Milk PFS- Chicken Salad	13) Turkey, American Cheese, Lettuce & Tomato on Wheat Bread Lemon Dijon Carrot Salad Fresh Fruit Milk
16) Turkey, American Cheese, Pickles on Kaiser Bun Chickpea Salad Fresh Fruit Milk	17) Ham, Swiss Cheese, Lettuce & Tomato on Multigrain Bread Pasta Salad Fresh Fruit Milk <i>PFS-Roast Beef</i>	18) Honey Mustard Chicken Salad on Wheat Bread Mixed Vegetable Salad Pineapple Milk	<i>19) Closed for Juneteenth Holiday</i>	20) Old Bay Tuna Salad on Wheat Bread Citrus Carrot Salad Tropical Fruit Milk <i>PFS-Egg Salad</i>
23) Turkey Cranberry Salad on Wheat Bread Broccoli Raisin Salad Pears Milk	24) Dill Chicken Salad on Kaiser Bun Italian Cucumber Salad Tropical Fruit Milk	25) Roast Beef, Lettuce, Tomato, & Cheddar Cheese on Bun Apple Slaw Pineapple Milk	26) Turkey, Lettuce, Tomato, & American Cheese on Wheat Bread Lemon Dijon Carrot Salad Fruit Cocktail Milk	27) Spinach Salad w/ Chicken Mediterranean Salad Saltine Crackers Fresh Fruit Milk
30) Turkey & American Cheese on Wheat Bread Broccoli Raisin Salad Pears Milk				

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