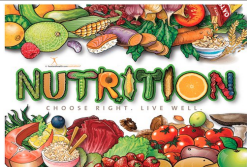







July 2025 HOT MEALS

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Creamy Paprika Chicken Yellow Rice Green Peas Ratatouille Wheat Bread Applesauce & Milk	2) Hamburger on WW Bun Crispy Cubed Potatoes Chuck Wagon Corn Broccoli Salad Fresh Fruit Dessert & Milk	3) Salisbury Beef w/ Gravy Mashed Potatoes Mixed Vegetables WG Roll Fresh Fruit & Milk	4) 4) Offices Closed 
7) Korean BBQ Meatballs Brown Rice Parslied Carrots Japanese Vegetable Blend WG Roll Mandarin Oranges & Milk	8) Garlic Chicken Marsala Buttered Rotini Peas & Pearl Onions Cauliflower Wheat Bread Applesauce & Milk	9) Beef Hot Dog on Bun Maple Baked Beans Coleslaw Peach Crisp Milk	10) Breaded Pollack w/ Tartar Sauce Lemon Rice Summer Vegetable Blend WW Bun Fresh Fruit & Milk <i>PFS-Hamburger</i>	11) Caribbean Glazed Chicken Spiced Yams Broccoli Florets Wheat Bread Fresh Fruit & Milk
14) Beef Cabbage Casserole Glazed Carrots Broccoli Florets WG Roll Applesauce & Milk	15) Pork Loin w/ Apple Glaze Mashed Yams Japanese Vegetable Blend Wheat Bread Fresh Fruit & Milk <i>PFS-Chicken Drumsticks</i>	16) Ziti Bake Brussel Sprouts Mixed Green Salad Spiced Pears Garlic Breadstick Milk	17) Tilapia w/ Old Bay Cream Sauce Northern Beans Herbed Green Beans Wheat Bread Fresh Fruit & Milk <i>PFS-Creole Steak</i>	18) Caribbean Glazed Drumsticks Rice Pilaf Spring Vegetable Blend Cucumber Salad WG Roll Tropical Fruit & Milk
21) Honey Mustard Chicken Whipped Potatoes Lemon Pep Green Beans WG Roll Fresh Fruit & Milk	22) Baked Pollack w/ Tartar Corn Parslied Carrots Cucumber Onion Salad Wheat Bread Fruit & Milk <i>PFS-Turkey w/ Dill Sauce</i>	23) BBQ Pork Ribette on Bun Baked Beans Spinach WG Roll Fresh Fruit & Milk <i>PFS-BBQ Meatballs</i>	24) Sweet & Sour Chicken Lemon Rice Japanese Vegetable Blend Broccoli Raisin Salad Wheat Bread Applesauce & Milk	25) Bolognese w/ Marinara & Rotini Summer Vegetable Blend Garlic Brussels Sprouts WG Roll Pears & Milk
28) Potato Crusted Pollack Macaroni & Cheese California Veg Blends WG Roll Fresh Fruit & Milk <i>PFS- Turkey w/ Gravy</i>	29) BBQ Chicken Drumsticks Black eyed Peas Collard Greens Cornbread Muffin Fresh Fruit & Milk	30) Teriyaki Beef Meatballs Brown Rice Green Peas Carrots Wheat Bread Tropical Fruit & Milk	31) Beef Marinara w/ Ziti Ratatouille Multi Grain Bread Fresh Fruit & Milk	<i>Drink Plenty of Water!</i> 

July 2025 COLD MEALS-

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Ham & Swiss on Wheat Bread Lettuce & Tomato Citrus Carrot Salad Peaches Fortified Juice <i>PFS-Turkey w/ Swiss Cheese</i>	2) Greek Chicken Salad White Bean Salad w/ Black Olives Saltine Crackers Fresh Fruit Fortified Juice	3) Lemon Pepper Tuna Salad on Wheat Pasta Salad Fresh Fruit Fortified Juice <i>PFS-Egg Salad</i>	4) 4) <i>Offices Closed</i> 
7) Southern Chicken Salad Mandarin Beets w/ Citrus Dressing WG Roll Pineapple Tidbits Fortified Juice	8) Turkey & Swiss Cheese on Multi-Grain Bread Lettuce & Tomato Chickpea Salad Fresh Fruit Fortified Juice	9) Ham & Provolone on Wheat Bread Lettuce & Tomato Black Bean Salad Fortified Juice <i>PFS-Roast Beef w/ Provolone</i>	10) Chef Salad Copper Pennies Wheat Bread Applesauce Fortified Juice	11) Tuna Macaroni Salad Green Bean Salad WG Roll Peaches Fortified Juice <i>PFS-Turkey Salad</i>
14) Chicken Salad on Multi-Grain Bread Pasta Salad Fresh Fruit Fortified Juice	15) Turkey & American Cheese on Multi-Grain Bread Lettuce & Tomato Honey Lime Corn Salad Fresh Fruit Fortified Juice	16) Tuna Salad on Wheat Bread Green Pea Salad Applesauce Fortified Juice <i>PFS-Egg Salad</i>	17) Chicken Caesar Salad Chickpea Salad Citrus Carrot Salad Saltine Crackers Fortified Juice	18) Ham & American Cheese on Kaiser Bun Lettuce & Tomato Coleslaw Peaches Fortified Juice <i>PFS-Turkey w/ American Cheese</i>
21) Curry Chicken Salad Macaroni Salad Broccoli Raisin Salad Saltine Crackers Fresh Fruit Fortified Juice	22) Roast Beef & American Cheese on Wheat Bread Lettuce & Tomato Cucumber Tomato Salad Applesauce Fortified Juice	23) Chef Salad w/ Dressing Pasta Salad Fruit Cocktail Saltine Crackers Fortified Juice	24) Lemon Pepper Tuna Salad on Wheat Bread Black-eyed Pea Salad Fresh Fruit Fortified Juice <i>PFS-Chicken Salad</i>	25) Turkey & American Cheese on Wheat Bread Lettuce & Tomato Lemon Dijon Carrot Salad Fresh Fruit Fortified Juice
28) Turkey & American Cheese on Kaiser Bun Pickles Chickpea Salad Fresh Fruit Fortified Juice	29) Ham & Swiss Cheese on Multi-Grain Bread Lettuce & Tomato Pasta Salad Fresh Fruit Fortified Juice <i>PFS-Roast Beef w/ Swiss</i>	30) Honey Mustard Chicken Salad on Wheat Bread Mixed Vegetable Salad Pineapple Tidbits Fortified Juice	31) Asian Chicken Salad Italian Cucumber Salad Applesauce Wheat Roll Fortified Juice	

Client Engagement 410-558-0923

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