



# August 2025 HOT MEALS-

## Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 <b>Nutrition</b>		1) Turkey w/ Tarragon Sauce Mashed Potatoes Garlic Brussel Sprouts WG Roll Mixed Green Salad Mandarin Oranges & Milk
4) Honey Ginger Chicken Parslied Rice Roasted Cauliflower Garden Vegetable Blend Wheat Roll Mixed Fruit Milk	5) Meatloaf w/ Steakhouse Sauce Mashed Potatoes Glazed Carrots WG Roll Fresh Apple Milk	6) Chicken Cacciatore Buttered Rotini Summer Vegetable Blend Garlic Spinach Wheat Bread Applesauce Milk	7) Pulled Cuban Pork on WW Bun Black Beans Coleslaw Key Largo Vegetable Blend Mandarin Oranges & Milk <i>PFS-Beef Hamburger</i>	8) 10 Grain Pollack w/ Tartar Sauce Cajun Corn Broccoli Florets Fresh Fruit Milk <i>PFS-Orange Glazed Chicken</i>
11) Pork Loin w/ Country Gravy Roasted Sweet Potatoes Creamed Spinach Cornbread Muffin Fresh Fruit Milk <i>PFS - Roast Beef &amp; Gravy</i>	12) Creamy Paprika Chicken Yellow Rice Green Peas Ratatouille Wheat Bread Cinnamon Applesauce Milk	13) All Beef Hamburger w/ Cheese, Lettuce, Tomato, & Pickles WW Bun Brussels Sprouts Pears Milk	14) Parmesan Chicken breast w/ Garlic Penne Pasta Parslied Carrots Green Beans Multigrain Bread Mandarin Oranges Milk	15) Salisbury Beef w/ Horseradish Sauce Mashed Potatoes Mixed Vegetables WG Roll Fresh Orange Milk
18) Korean BBQ Beef Meatballs Brown Rice Parslied carrots Japanese Vegetable Blend WG Roll Mandarin Oranges Milk	19) Roasted Chicken Marsala w/ Buttered Rotini Peas & Pearl Onions Cauliflower Wheat Bread Applesauce Milk	20) All Beef Hot Dog on Bun Maple Baked Beans Coleslaw Peach Crisp Milk	21) <i>National Senior Citizen Day</i> Baked Flounder w/Old Bay Cream Sauce Sweet Potatoes Asparagus Wheat Roll & Fresh Fruit <i>Chocolate Cake &amp; Milk</i> <i>PFS-Baked Chicken w/ Old Bay</i>	22) Caribbean Glazed Chicken Breast Mashed Spiced Yams Broccoli Florets Wheat Bread Fresh Fruit Milk
25) Beef Cabbage Casserole Glazed Carrots Broccoli Florets WG Roll Cinnamon Applesauce Milk	26) Apple Glazed Pork Loin Spiced Yams Japanese Vegetable Blend Wheat Bread Fresh Fruit Milk <i>PFS- Apple Glazed Chicken Drumsticks</i>	27) Beef Ziti Bake Brussels Sprouts Mixed Green Salad Warm Spiced Pears Garlic Breadstick Milk	28) Baked Tilapia w/ Old Bay Cream Sauce Northern Beans Herbed Green Beans Wheat Bread Fresh Fruit & Milk <i>PFS-Creole Steak</i>	29) All Beef Hot Dog w/ Chili Baked Beans Apple Slaw Peach Crisp WW Bun Milk

# August 2025 COLD MEALS-

## Meals on Wheels of Central Maryland

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



<p>4) Turkey Cranberry Salad on Wheat Bread Broccoli Raisin Salad Diced Pears Fortified Juice</p>	<p>5) Dill Chicken Salad on Kaiser Bun Italian Cucumber Salad Tropical Fruit Fortified Juice</p>	<p>6) Roast Beef &amp; Cheddar Cheese on Bun Lettuce &amp; Tomato Apple Slaw Pineapple Tidbits Fortified Juice</p>	<p>7) Turkey &amp; American Cheese on Wheat Bread Lettuce &amp; Tomato Lemon Dijon Carrot salad Fruit Cocktail Fortified Juice</p>	<p>1) Old Bay Tuna Salad on Wheat Citrus Carrot Salad Tropical Fruit Fortified Juice  <i>PFS-Egg Salad</i></p>
<p>11) Turkey &amp; American Cheese on Wheat Bread Pickles Pears Fortified Juice</p>	<p>12) Ham &amp; Swiss Cheese on Wheat Bread Lettuce &amp; Tomato Citrus Carrot Salad Peaches Fortified Juice <i>PFS- Turkey w/ Swiss Cheese</i></p>	<p>13) Zesty Baja Chicken Salad on Multigrain Bread Pineapple Slaw Applesauce Fortified Juice</p>	<p>14) Greek Chicken Salad White Bean Salad w/ Olives Crackers Fresh Fruit Fortified Juice</p>	<p>15) Lemon Pepper Tuna Salad on Wheat Bread Pasta Salad Fresh Fruit Fortified Juice <i>PFS- Chicken Salad</i></p>
<p>18) Southern Chicken Salad Mandarin Beets w/ Citrus Dressing Whole Grain Roll Pineapple Tidbits Fortified Juice</p>	<p>19) Turkey &amp; Swiss Cheese on Multigrain Bread Lettuce &amp; Tomato Chickpea Salad Fresh Fruit Fortified Juice</p>	<p>20) Ham &amp; Provolone Cheese on Wheat Bread Lettuce &amp; Tomato Black Bean Salad Tropical Fruit Fortified Juice <i>PFS-Roast Beef &amp; Provolone Cheese</i></p>	<p>21) Chef Salad w/ Dressing Copper Pennies Applesauce Wheat Bread Fortified Juice</p>	<p>22) Tuna Macaroni Salad Green Bean Salad Peaches Whole Grain Roll Fortified Juice  <i>PFS-Turkey Salad</i></p>
<p>25) Chicken Salad on Multigrain Bread Pasta Salad Fresh Fruit Fortified Juice</p>	<p>26) Turkey &amp; American Cheese on Multigrain Bread Lettuce &amp; Tomato Honey Lime Corn Salad Fresh Fruit Fortified Juice</p>	<p>27) Tuna Salad on Wheat Bread Green Pea Salad Applesauce Fortified Juice  <i>PFS- Egg Salad</i></p>	<p>28) Chicken Caesar Salad w/ Dressing Chickpea Salad Citrus Carrot Salad Crackers Fortified Juice</p>	<p>29) Ham &amp; American Cheese on Kaiser Bun Lettuce &amp; Tomato Coleslaw Diced Peaches Fortified Juice <i>PFS-Turkey &amp; American Cheese</i></p>

