



# 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



4) Turkey Cranberry Salad on Wheat Bread  
Broccoli Raisin Salad  
Diced Pears  
Fortified Juice

5) Dill Chicken Salad on Kaiser Bun  
Italian Cucumber Salad  
Tropical Fruit  
Fortified Juice

6) Roast Beef & Cheddar Cheese on Bun  
Lettuce & Tomato  
Apple Slaw  
Pineapple Tidbits  
Fortified Juice

7) Turkey & American Cheese on Wheat Bread  
Lettuce & Tomato  
Lemon Dijon Carrot salad  
Fruit Cocktail  
Fortified Juice

1) Old Bay Tuna Salad on Wheat  
Citrus Carrot Salad  
Tropical Fruit  
Fortified Juice  
  
*PFS-Egg Salad*

11) Turkey & American Cheese on Wheat Bread  
Pickles  
Pears  
Fortified Juice

12) Ham & Swiss Cheese on Wheat Bread  
Lettuce & Tomato  
Citrus Carrot Salad  
Peaches  
Fortified Juice  
*PFS- Turkey w/ Swiss Cheese*

13) Zesty Baja Chicken Salad on Multigrain Bread  
Pineapple Slaw  
Applesauce  
Fortified Juice

14) Greek Chicken Salad  
White Bean Salad w/ Olives  
Crackers  
Fresh Fruit  
Fortified Juice

15) Lemon Pepper Tuna Salad on Wheat Bread  
Pasta Salad  
Fresh Fruit  
Fortified Juice  
*PFS- Chicken Salad*

18) Southern Chicken Salad  
Mandarin Beets w/ Citrus Dressing  
Whole Grain Roll  
Pineapple Tidbits  
Fortified Juice

19) Turkey & Swiss Cheese on Multigrain Bread  
Lettuce & Tomato  
Chickpea Salad  
Fresh Fruit  
Fortified Juice

20) Ham & Provolone Cheese on Wheat Bread  
Lettuce & Tomato  
Black Bean Salad  
Tropical Fruit  
Fortified Juice  
*PFS-Roast Beef & Provolone Cheese*

21) Chef Salad w/ Dressing  
Copper Pennies  
Applesauce  
Wheat Bread  
Fortified Juice

22) Tuna Macaroni Salad  
Green Bean Salad  
Peaches  
Whole Grain Roll  
Fortified Juice  
  
*PFS-Turkey Salad*

25) Chicken Salad on Multigrain Bread  
Pasta Salad  
Fresh Fruit  
Fortified Juice

26) Turkey & American Cheese on Multigrain Bread  
Lettuce & Tomato  
Honey Lime Corn Salad  
Fresh Fruit  
Fortified Juice

27) Tuna Salad on Wheat Bread  
Green Pea Salad  
Applesauce  
Fortified Juice  
  
*PFS- Egg Salad*

28) Chicken Caesar Salad w/ Dressing  
Chickpea Salad  
Citrus Carrot Salad  
Crackers  
Fortified Juice

29) Ham & American Cheese on Kaiser Bun  
Lettuce & Tomato  
Coleslaw  
Diced Peaches  
Fortified Juice  
*PFS-Turkey & American Cheese*

