


June 2026

HOT MEALS

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Soy Ginger Chicken Fried Rice Carrots Japanese Vegetable Blend WW Bread Tropical Fruit Milk	2) Roast Beef w/ Au Jus Gravy Scalloped Potatoes Lemon Pepper Green Beans WW Bread Fresh Fruit Milk	3) Potato Crusted Pollock Braised Lentils Broccoli & Cauliflower Italian Bread Fresh Fruit Milk <i>PFS- Swiss Steak</i>	4) Beef Chili w/ Beans Brown Rice Cabbage Capri Vegetable Blend Crackers Applesauce Milk	5) Chicken Alfredo Broccoli Peach Crisp Bread Stick Italian Cucumber Salad Milk
8) Turkey w/ Gravy Garlic Mashed Potatoes Honey Ginger Carrots WG Roll Fresh Fruit Milk	9) Pulled BBQ Pork on Bun Maple Baked Beans Brussels Sprouts Coleslaw Pineapple Tidbits & Milk <i>PFS- Pulled BBQ Chicken</i>	10) Breaded Chicken Patty on Kaiser Bun Lettuce & Tomato California Vegetable Blend Harvard Beets Cinnamon Applesauce Milk	11) Beef Taco w/ Flour Tortilla Mexican Rice Creamy Mexican Corn Fiesta Vegetable Blend Fresh Fruit Milk	12) Caribbean Glaze Beef Meatballs Brown Rice Vegetable Blend Green Beans WG Roll Tropical Fruit Milk
15) Roast Beef w/ Horseradish Sauce Scalloped Potatoes California Vegetable Blend Wheat Bread Fresh Fruit Milk	16) Chicken Gumbo Buttered Rice Herbed Green Peas Carrots WG Roll Tropical Fruit Milk	17) Sloppy Joes on Hamburger Bun Garlic Brussels Sprouts Coleslaw Spiced Apples Milk	18) Salisbury Beef w/ Tomato Gravy Mashed Potatoes Mixed Vegetables WG Roll Fresh Fruit Milk	<i>19) Closed for Juneteenth Holiday</i> <i>Frozen Meals will be Delivered in Advance</i>
<i>22) Father's Day Lunch</i> <i>Roast Beef w/ Gravy</i> <i>Mashed Potatoes</i> <i>Roasted Brussels Sprouts</i> <i>Cornbread Muffin</i> <i>Fresh Fruit</i> <i>Brownie</i> <i>Milk</i>	23) Parmesan Chicken Buttered Penne Pasta Mixed Vegetables Garlic Parmesan Cauliflower Bread Stick Applesauce Milk	24) Turkey w/ Dill Sauce Parslied Rice Garlic Brussels Sprouts WW Bread Mixed Green Salad Mandarin Oranges Milk	25) Pork Loin w/ Apricot Honey Sauce Mashed Potatoes Herbed Green Beans WG Roll Fresh Fruit & Milk <i>PFS-Turkey w/ Apricot Honey Sauce</i>	26) Chicken Drumsticks w/ Mango BBQ Sauce Brown Rice Ginger Carrots Cornbread Muffin Fresh Fruit Milk
29) Beef Meatballs w/ Penne Pasta & Marinara Sauce Broccoli Rosemary Carrots Wheat Bread Tropical Fruit Milk	30) Creamy Pesto Chicken Brown Rice Herbed Green Peas Cauliflower Italian Bread Applesauce Milk			

Client Engagement 410-558-0923 Menu items subject to Change- We Cannot accommodate Most Food Allergies

June 2025 COLD MEALS

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1) Egg Salad w/ WG Roll Honey Ginger Carrots Fortified Juice</p>	<p>2) Ham & Provolone Cheese Lettuce & Tomato Black-eyed Pea Salad Applesauce Fortified Juice</p> <p><i>PFS-Roast Beef</i></p>	<p>3) Greek Chicken Salad w/ Dressing Venetian Pasta Salad WG Roll Fresh Fruit Fortified Juice</p>	<p>4) Tarragon Tuna Salad on Wheat Lettuce & Tomato Italian Cucumber Salad Tropical Fruit Fortified Juice</p> <p><i>PFS-Egg Salad</i></p>	<p>5) Turkey & American Cheese Lettuce & Tomato Seasoned Kidney Beans Fresh Fruit Fortified Juice</p>
<p>8) Chicken Salad w/ Naan Bread Cucumber Tomato Salad Mandarin Oranges & Pineapple Fortified Juice</p>	<p>9) Turkey & Provolone Cheese on Wheat Onions & Pickles Carrot Raisin Salad Cinnamon Applesauce Fortified Juice</p>	<p>10) Egg Salad on Wheat Lettuce & Tomato Italina Cucumber Salad Apple Slaw Fortified Juice</p>	<p>11) Ham & Swiss Cheese on Kaiser Bun Lettuce & Tomato Mixed Vegetable Salad Pineapple Fortified Juice <i>PFS-Roast Beef</i></p>	<p>12) Turkey Pasta Salad Chickpea Salad Diced Peaches Wheat Roll Fortified Juice</p>
<p>15) Old Bay Tuna Salad on Wheat Bread Pickles & Onions Coleslaw Mandarin Oranges & Pineapple Fortified Juice</p> <p><i>PFS-Egg Salad</i></p>	<p>16) Chicken Breast on WW Bun w/ Lettuce, Tomato & Mayonnaise Pasta Salad Applesauce Fortified Juice</p>	<p>17) Ham & Muenster Cheese on Wheat Lettuce & Tomato Cucumber Tomato Salad Pineapple Fortified Juice</p> <p><i>PFS-Roast Beef</i></p>	<p>18) Turkey & Provolone Cheese on Wheat Bread Lettuce & Tomato Carrot Raisin Salad Tropical Fruit Fortified Juice</p>	<p>19) <i>Closed for Juneteenth Holiday</i></p> <p><i>Frozen Meals will be Delivered in Advance</i></p>
<p>22) Chicken Salad w/ WG Roll Beet Salad Mandarin Orange & Pineapple Fortified Juice</p>	<p>23) Tuna Salad on Wheat Bread Lettuce & Tomato Lemon Dijon Carrot Salad Pineapple Fortified Juice</p> <p><i>PFS- Turkey Salad</i></p>	<p>24) Roast Beef & American Cheese on Kaiser Bun Lettuce & Tomato Broccoli Raisin Salad Tropical Fruit Fortified Juice</p>	<p>25) Sesame Chicken Salad Chickpea Salad WG Roll Fresh Fruit Fortified Juice</p>	<p>26) Turkey and Muenster Cheese on Kaiser Bun Pickles & Onions Coleslaw Applesauce Fortified Juice</p>
<p>29) Egg Salad on Naan Bread California Vegetable Salad Applesauce Fortified Juice</p>	<p>30) Turkey Salad on Wheat Bread Lettuce & Tomato Carrot Slaw Pineapple Fortified Juice</p>			