

**Know a Friend or Family member that needs Home Delivered Meals? Help is a phone call away-
410-558-0923**

August 2026 HOT MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Cheese Omelet Turkey Sausage Links WG Pancakes Fresh Fruit Fortified Orange Juice	4) Chicken Drumsticks w/ BBQ Mustard Sauce Black-eyed Peas Cabbage & Carrots Cornbread Muffin Fresh Fruit Milk	5) Teriyaki Beef Meatballs Brown Rice Mixed Vegetables Carrots Wheat Bread Tropical Fruit Milk	6) Chicken Cacciatore Buttered Penne Italian Vegetable Blend Broccoli Wheat Bread Applesauce Milk	7) Turkey w/ Gravy Garlic Mashed Potatoes Summer Vegetable Blend Wheat Bread Mixed Green Salad Mixed Fruit Milk
10) Beef Taco w/ Corn Tortilla Mexican Rice Black Beans Fiesta Vegetable Blend Fresh Fruit & Milk	11) Chicken Alfredo w/ Egg Noodles Broccoli WG Roll Fresh Fruit Milk	12) Pork Loin w/ Brown Gravy Mashed Potatoes Glazed Carrots Mixed Vegetables Wheat Bread Applesauce & Milk <i>PFS-Turkey & Gravy</i>	13) Turkey w/ Dijon Herb Sauce Galic Mashed Potatoes Green Beans/Carrots/Corn Cauliflower Wheat Bread Mandarin Oranges & Milk	14) Turkey Burger w/ American Cheese WG Bun Garlic Parmesan Broccoli Garden Vegetable Blend Applesauce Milk
17) Chicken Breast w/ Ancho Chili Lime sauce Yellow Rice Green Peas Garden Vegetable Blend Wheat Bread Applesauce & Milk	18) Beef Sloppy Joe on Bun Garlic Parm Cauliflower Mixed Vegetables Mixed Fruit Milk	19) Turkey w/ Poultry Gravy Mashed Potatoes Spring Vegetable Mix Lemon Pepper Green Beans Pears Milk	20) Fish Cakes w/ Tartar Sauce Northern Beans Broccoli Wheat Bread Fresh Fruit Milk <i>PFS- Creole Steak</i>	21) Roast Beef w/ Gravy Mashed Potatoes Glazed Carrots WG Roll Fresh fruit Milk
24) Chicken ala King Green Beans Brussels Sprouts & Corn WG Biscuit Applesauce Milk	25) Beef Meatballs /Marinara Sauce and Rotini Parslied Carrots Cauliflower Wheat bread Pears & Milk	26) Polish Sausage on Bun Sauerkraut Beets Mandarin Oranges Milk <i>PFS- Beef Hot Dog</i>	27) BBQ Chicken Breast Tator Tots Broccoli Wheat Bread Fresh Fruit Milk	28) Breaded Pollack Braised Lentils Summer Vegetable Blend WW Bun Fresh Fruit & Milk
31) Salisbury Beef w/ Onion Gravy Mashed Potatoes Glazed Carrots WG Roll Fresh Fruit Milk		 Nutrition	 STAY HYDRATED	 MEALS on WHEELS OF CENTRAL MARYLAND <i>More than a meal™</i>

August 2026 **COLD MEALS-**

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Turkey Cranberry Salad on Wheat Bread Broccoli Raisin Salad Pears Fortified Juice	4) Roast Beef w/ Cheddar Cheese on Bun Lettuce & Tomato Apple Slaw Pineapple Tidbits Fortified Juice	5) Dill Chicken Salad on Bun Italian Cucumber Salad Applesauce Fortified Juice	6) Turkey w/ American Cheese on Wheat Bread Lettuce & Tomato Lemon Dijon Carrot Salad Fruit Cocktail Fortified Juice	7) Spinach Salad w/ Chicken Mediterranean Lentil Salad Fresh Fruit Saltine Crackers Fortified Juice
10) Turkey w/ American Cheese on Wheat Bread Pickles Broccoli Raisin Salad Pears Fortified Juice	11) Ham & Swiss on Wheat Bread Lettuce & Tomato Citrus Carrot Salad Peaches Fortified Juice <i>PFS-Turkey & Swiss</i>	12) Zesty Baja Chicken Salad Pineapple Slaw Tropical Fruit Multi Grain Bread Fortified Juice	13) Greek Chicken Salad White Bean Salad w/ Black Olives Saltine Crackers Fresh Fruit Fortified Juice	14) Lemon Pepper Tuna Salad on Wheat Pasta Salad Fresh Fruit Fortified Juice <i>PFS-Chicken Salad</i>
17) Southern Chicken Salad Mandarin Beets w/ Citrus Dressing WG Roll Fortified Juice	18) Turkey w/ Swiss Cheese on Multi-Grain Bread Lettuce & Tomato Chickpea Salad Fresh Fruit Fortified Juice	19) Ham & Provolone Cheese on Wheat Lettuce & Tomato Black Bean Salad Tropical Fruit Fortified Juice <i>PFS- Roast Beef & Provolone</i>	20) Chef Salad Copper Pennies Applesauce Fortified Juice	21) Tuna Macaroni Salad Green Bean Salad WG Roll Peaches Fortified Juice <i>PFS-Turkey Salad</i>
24) Chicken Salad on Multi-Grain Bread Pasta Salad Fresh Fruit Fortified Juice	25) Turkey & American Cheese on Multi-Grain Bread Lettuce & Tomato Honey Lime Corn Salad Fresh Fruit Fortified Juice	26) Tuna Salad on Wheat Bread Citrus Carrot Salad Applesauce Fortified Juice <i>PFS-Egg Salad</i>	27) Chicken Caesar Salad Chickpea Salad Broccoli Raisin Salad Saltine Crackers Fortified Juice	28) Ham & American Cheese on Bun Lettuce & Tomato Coleslaw Peaches Fortified Juice <i>PFS-Turkey & American Cheese</i>
31) Shrimp Salad Macaroni Salad Broccoli Raisin Salad Fresh Fruit Fortified Juice				

Client Engagement 410-558-0923

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