



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

July 2026 HOT MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="center">Drink Plenty of Water!</p> 	<p>1) Beef Hot Dog on Bun Lemon Pepper Green Beans Peach Crisp Coleslaw Milk</p>	<p>2) Pork Loin w/ Gravy Maple Baked Beans Broccoli WW Bread Fresh Fruit & Milk</p> <p>PFS-Salisbury Beef</p>	<p align="center">3) Offices Closed</p> 
<p>6) Cheeseburger on WG Bun Crispy Cubed Potatoes Parmesan Tomatoes Fresh Fruit & Milk Special Dessert</p>	<p>7) Sloppy Joe on Bun Garlic Parmesan Cauliflower Mixed Vegetables Mixed Fruit & Milk</p>	<p>8) Turkey w/ Poultry Gravy Mashed Potatoes Spring Vegetable Mix Lemon Pepper Green Beans Wheat Bread Pears & Milk</p>	<p>9) Fish Cakes w/ Tartar Sauce Northern Beans Broccoli Wheat Bread Fresh Fruit & Milk PFS-Creole Steak</p>	<p>10) Roast Beef w/ Gravy Mashed Potatoes Glazed Carrots WG Roll Fresh Fruit & Milk</p>
<p>13) Chicken Ala King Green Beans Brussels Sprouts & Corn WG Biscuit Applesauce & Milk</p>	<p>14) Beef Meatballs & Marinara Sauce w/ Rotini Parslied Carrots Cauliflower Wheat Bread Pears & Milk</p>	<p>15) Polish Sausage on Bun Sauerkraut Beets Mandarin Oranges & Milk</p> <p>PFS-Beef Hot Dog</p>	<p>16) BBQ Chicken Tater Tots Broccoli Wheat Bread Fresh Fruit & Milk</p>	<p>17) Breaded Pollack on WW Bun Tartar Sauce Braised Lentils Summer Vegetable Blend Fresh Fruit & Milk</p>
<p>20) Salisbury Beef w/ Onion Gravy Mashed Potatoes Glazed Carrots WG Roll Fresh Fruit & Milk</p>	<p>21) Turkey w/ Apple Glaze Cheese Potatoes Broccoli Wheat Bread Fresh Fruit & Milk</p>	<p>22) Rotini Pasta w/ Ground Beef & Turkey Bolognese Sauce Herbed Green Beans Mixed Vegetables Bread Stick Peaches & Milk</p>	<p>23) Cheeseburger on Bun Lettuce, Tomato, & Onion Baked Beans Herb Potato Salad Pear Crisp & Milk</p>	<p>24) Caribbean Glazed Chicken Drumsticks Cilantro Lime Rice Spring Vegetable Blend WG Roll Cucumber Onion Salad Applesauce & Milk</p>
<p>27) Meatloaf w/ Tomato Gravy Mashed Potatoes Cauliflower WG Roll Fresh Fruit & Milk</p>	<p>28) Creamy Chicken Marsala Buttered Penne Pasta Parslied Carrots Lemon Pepper Green Beans Wheat Bread Mixed Fruit & Milk</p>	<p>29) BBQ Pork Ribette on Bun Baked Beans Vegetable Medley Casserole Fresh Fruit & Milk</p> <p>PFS-BBQ Beef Meatballs</p>	<p>30) Sweet & Sour Chicken Lemon Rice Japanese Vegetable Blend Broccoli Raisin Salad Wheat Bread Applesauce & Milk</p>	<p>31) Beef Hot Dog on Bun Summer Vegetable Blend Garlic Brussels Sprouts Pears & Milk</p>

July 2026 COLD MEALS-

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1) Roast Beef w/ American Cheese on Wheat Lettuce & Tomato Mediterranean Lentil Salad Fresh Fruit & Milk</p>	<p>2) Chicken Chef Salad Cucumber Salad w/ Creole Dressing Mandarin Oranges & Pineapple WG Roll Fortified Juice</p>	<p>3) Offices Closed</p> 
<p>6) Southern Chicken Salad Mandarin Beets w/ Citrus Dressing WG Roll Pineapple Tidbits Fortified Juice</p>	<p>7) Turkey & Swiss Cheese on Multi Grain Bread Lettuce & Tomato Chickpea Salad Fortified Juice</p>	<p>8) Ham & Provolone Cheese on Wheat Bread Lettuce & Tomato Black Bean Salad Tropical Fruit Fortified Juice PFS-Roast Beef</p>	<p>9) Chef Salad w/ Dressing Copper Pennies Wheat Bread Applesauce Fortified Juice</p>	<p>10) Tuna Macaroni Salad Green Bean Salad WG Roll Peaches Fortified Juice PFS-Turkey Salad</p>
<p>13) Chicken Salad on Multi-Grain Bread Pasta Salad Fresh Fruit Fortified Juice</p>	<p>14) Turkey & American Cheese on Multi-Grain Bread Lettuce & Tomato Honey Lime Corn Salad Fresh Fruit Fortified Juice</p>	<p>15) Tuna Salad on Wheat Bread Citrus Carrot Salad Applesauce Fortified Juice PFS-Egg Salad</p>	<p>16) Chicken Caesar Salad Chickpea Salad Broccoli Raisin Salad Saltine Crackers Fortified Juice</p>	<p>17) Ham & American Cheese on Bun Lettuce & Tomato Coleslaw Peaches & Fortified Juice PFS-Turkey & American Cheese</p>
<p>20) Shrimp Salad w/ Saltine Crackers Macaroni Salad Broccoli Raisin Salad Fresh Fruit Fortified Juice PFS- Turkey Salad</p>	<p>21) Roast Beef & American Cheese on Wheat Bread Lettuce & Tomato Cucumber Tomato Salad Applesauce Fortified Juice</p>	<p>22) Greek Chicken Salad Saltine Crackers Pasta Salad Fruit Cocktail Fortified Juice</p>	<p>23) Turkey & American Cheese on Wheat Bread Lettuce, Tomato, & Onion Lemon Dijon Carrot Salad Fresh Fruit Fortified Juice</p>	<p>24) Chicken Caesar Salad Black-eyed Pea Salad Fresh Fruit Fortified Juice</p>
<p>27) Turkey & American Cheese on Bun Pickle Slices Chickpea Salad Fresh Fruit Fortified Juice</p>	<p>28) Deviled Egg Salad Italian Cucumber Salad WG Roll Applesauce Fortified Juice</p>	<p>29) Honey Mustard Chicken Salad Mixed vegetable Salad Wheat Bread Pineapple Tidbits Fortified Juice</p>	<p>30) Ham & Swiss Cheese on Multi-Grain Bread Lettuce & Tomato Pasta Salad Fresh Fruit Fortified Juice PFS- Roast Beef</p>	<p>31) Old Bay Tuna Salad on Wheat Bread Citrus Carrot Salad Tropical Fruit Fortified Juice PFS-Egg Salad</p>