

Monday

Tuesday

Wednesday

Thursday

Friday

August 2019

Meals on Wheels Served by the Homewood Kitchen

<p>Chicken Alfredo Vegetable Du Jour Fettuccini Noodles Baby Carrots Cranberry Juice Sliced Turkey Sandwich Marinated Vegetable Salad Canned Fruit Fresh Apple</p>	<p>1 Glazed Ham with Raisin Sauce Parslied Cauliflower Green Peas Seasoned Green Beans Orange Juice Pickled Egg Potato Salad Lettuce and Tomato Rye Bread, Saltine Crackers Peaches, Fresh Apple</p>	<p>2 Baked Pit Ham Brussels Sprouts Baked Beans Yellow Squash Orange Juice Sliced Turkey Sandwich Sliced Tomatoes on Lettuce Rye Bread Peaches Fresh Apple</p>	<p>3 Baked Fish Zucchini Casserole Scalloped Potatoes Buttered Beets Apple Juice Mixed Bean Salad Rye Bread Saltine Crackers Fresh Orange Assorted Dessert</p>	<p>4 Steak Diane Harvard Beets Wide Noodles Vegetable Medley Cranberry Juice Tuna Salad Marinated Vegetable Salad Pears Canned Fruit</p>
<p>5 Chicken Parmesan Broccoli Orzo Orange Juice Mixed Beans Tossed Salad Cucumbers Rye Bread, English Muffin Peaches Fresh Grapes</p>	<p>6 Boneless Pork Chop Sauerkraut Whipped Potatoes Baked Split Peas Grape Juice American Cheese Sandwich Sliced Tomatoes on Lettuce Fresh Apple Fresh Fruit Cup</p>	<p>7 Spaghetti with Meatballs Parslied Cauliflower Seasoned Spinach Apple Juice Chili Bean Dip Carrot and Celery Sticks Cucumbers Rye Bread, Unsalted Crackers Fresh Fruit Cup Applesauce</p>	<p>8 Roast Turkey Baby Carrots Parslied Red Skin Potatoes Seasoned Green Beans Orange Juice Tuna Salad Cranberry Sauce Cole Slaw Rye Bread Fresh Orange, Assorted Dessert</p>	<p>9 Beef Pot Roast Pot Roast Vegetables Vegetable Medley Baked Beans Grape Juice Sliced Turkey Sandwich Lettuce and Tomato Fresh Fruit Cup Peaches</p>
<p>12 Boneless Grilled Chicken Breast Baked Sweet Potato Baby Carrots Orange Juice Mixed Beans Tossed Salad Rye Bread English Muffin Fresh Apple Fruit Cup</p>	<p>13 Fish of the Day Italian Blend Vegetables Baked Split Peas Stewed Tomatoes Cranberry Juice Egg Salad Broccoli Salad Peaches Fresh Apple</p>	<p>14 Roast Turkey Mixed Vegetables Apple Bean Bake Broccoli Cranberry Juice Pickled Egg Pickled Beet Salad English Muffin Pears Fresh Fruit Cup</p>	<p>15 Hawaiian Ham Steak California Blend Vegetables Candies Sweet Potato Apple Juice Sliced Turkey Sandwich Marinated Vegetable Salad Lettuce and Tomato Rye Bread Cinnamon Applesauce Applesauce</p>	<p>16 Roasted Thyme Chicken French Style Green Beans Orzo Orange Juice Hummus Cucumbers Carrot Sticks Unsalted Crackers Fresh Fruit Cup Assorted Dessert</p>
<p>19 Baked Fish Seasoned Green Beans Au Gratin Potatoes Orange Juice Mixed Beans Cole Slaw Celery Sticks Rye Bread, Unsalted Crackers Peaches Fresh Grapes</p>	<p>20 Shredded BBQ Beef Sandwich Seasoned Spinach Baked Beans Grape Juice Cottage Cheese with Apple Butter Sliced Tomatoes Tossed Salad Macaroni Salad Canned Fruit Fresh Orange</p>	<p>21 Meatloaf Scandinavian Blend Vegetables Whipped Potatoes Broccoli Orange Juice Cottage Cheese Carrot and Celery Sticks Saltine Crackers Canned Fruit, Applesauce Assorted Dessert</p>	<p>22 Turkey Cutlet Glazed Carrot Coins Bread Stuffing Vegetable Medley Apple Juice Ham Salad Tossed Salad Pinto Beans Fresh Orange</p>	<p>23 Honey Lemon Chicken French Style Green Beans Whipped Sweet Potatoes Cranberry Juice Turkey Sandwich Raw Vegetable Plate Fresh Fruit Cup</p>
<p>26 BBQ Baked Chicken Baby Carrots Baked Beans Zucchini Cranberry Juice Sliced Cheese Sliced Tomatoes Fresh Grapes Assorted Dessert</p>	<p>27 Herb Baked Fish Collard Greens Pinto Beans Vegetable Medley Orange Juice Hummus Cucumbers Cole Slaw Saltine Crackers Peaches, Fresh Fruit</p>	<p>28 Turkey Cutlet Glazed Carrot Coins Bread Stuffing Vegetable Medley Apple Juice Ham Salad Tossed Salad Pinto Beans Fresh Orange</p>	<p>29 Honey Lemon Chicken French Style Green Beans Whipped Sweet Potatoes Cranberry Juice Turkey Sandwich Raw Vegetable Plate Fresh Fruit Cup</p>	<p>30 Honey Lemon Chicken French Style Green Beans Whipped Sweet Potatoes Cranberry Juice Turkey Sandwich Raw Vegetable Plate Fresh Fruit Cup</p>

Frederick County Meals on Wheels – Menu subject to change. 2% Milk and Whole Grain Bread are served with all meals unless noted.