

Monday	Tuesday	Wednesday	Thursday	Friday
Lemon Pepper Cod Seasoned Green Beans Au Gratin Potatoes Assorted Juice Mixed Beans Cole Slaw Celery Sticks Rye Bread, Saltine Crackers Peaches Fresh Grapes	2 Shredded Beef Sandwich on a Roll Seasoned Spinach Baked Beans Assorted Juice Cottage Cheese with Apple Butter Sliced Tomatoes Tossed Salad Macaroni Salad Canned Fruit, Fresh Orange	3 Roast Turkey Mixed Vegetables Apple Bean Bake Broccoli Assorted Juice Pickled Egg Pickled Beet Salad English Muffin Pears Fresh Fruit Cup	4 Hawaiian Ham Steak California Blend Vegetables Candied Sweet Potato Assorted Juice Sliced Turkey Sandwich Marinated Vegetable Salad Lettuce and Tomato Cinnamon Applesauce Peaches	5 Roasted Thyme Chicken French Style Green Beans Red Skin Whipped Potatoes Assorted Juice Hummus Cucumbers Carrot Sticks Saltine Crackers Fresh Fruit Cup Assorted Dessert
BBQ Baked Chicken Baby Carrots Baked Beans Zucchini Assorted Juice American Cheese Sandwich Sliced Tomatoes Fresh Grapes Assorted Dessert	9 Herb Baked Fish Collard Greens Pinto Beans Vegetable Medley Assorted Juice Hummus Cucumbers, Cole Slaw Saltine Crackers Peaches Fresh Fruit	10 Meatloaf Scandinavian Blend Vegetables Whipped Potatoes Broccoli Assorted Juice Cottage Cheese Carrot and Celery Sticks Saltine Crackers Canned Fruit Applesauce	11 BBQ Baked Chicken Glazed Carrot Coins Bread Stuffing Vegetable Medley Assorted Juice Ham Salad Tossed Salad Fresh Orange	12 Bread Stuffed Chicken French Style Green Beans Whipped Sweet Potatoes Assorted Juice Sliced Turkey Sandwich Raw Vegetable Plate Fresh Fruit Cup
Roast Turkey Broccoli Florettes Whipped Potatoes Vegetable Medley Assorted Juice Mixed Beans Raw Vegetable Plate English Muffin Fruit Cocktail Peaches	16 Beef Pot Roast Shoeppeg Corn Kidney Beans Assorted Juice Hummus Pickled Beet Salad Lettuce, Tomato, Cucumber Rye Bread, Saltine Crackers Fresh Fruit Cup Assorted Dessert	17 Pork Loin Roast Whole Bean Blend Baked Sweet Potato Seasoned Spinach Assorted Juice Egg Salad Carrot and Celery Sticks Fresh Orange Cinnamon Applesauce	18 Chicken Alfredo Vegetable Du Jour Fettuccini Noodles Baby Carrots Assorted Juice Sliced Turkey Sandwich Marinated Vegetable Salad Canned Fruit Fresh Apple	19 Glazed Ham with Raisin Sauce Parslied Cauliflower Green Peas Seasoned Green Beans Assorted Juice Pickled Egg Lettuce and Tomato Potato Salad Rye Bread, Saltine Crackers Peaches, Fresh Apple
Chicken Parmesan Broccoli Linguini Assorted Juice Mixed Beans Tossed Salad Cucumbers Rye Bread, English Muffin Peaches Fresh Grapes	23 Boneless Pork Chop Sauerkraut Red Skin Whipped Potatoes Baked Split Peas Assorted Juice American Cheese Sandwich Sliced Tomatoes on Lettuce Fresh Apple Fresh Fruit Cup	24 Baked Fish Zucchini Casserole Scalloped Potatoes Buttered Beets Assorted Juice Mixed Bean Salad Rye Bread Saltine Crackers Fresh Orange Assorted Dessert	25 Steak Diane Harvard Beets Wide Noodles Vegetable Medley Assorted Juice Tuna Salad Marinated Vegetable Salad Pears Canned Fruit	26 BBQ Baby Back Ribs Brussels Sprouts Baked Potato Yellow Squash Assorted Juice Sliced Turkey Sandwich Sliced Tomatoes on Lettuce Peaches Fresh Apple
30 Memorial Day Holiday	31 Fish of the Day Italian Blend Vegetables Baked Split Peas Stewed Tomatoes Assorted Juice Egg Salad Broccoli Salad Peaches Fresh Apple			

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