

# ADULT NUTRITION

To ensure that your clients are provided with the best possible nutrition,

**PLEASE CONTACT  
US FOR A  
PRICE QUOTE**

**410 - 558 - 0932, Option 3**

or

**1- 866 - 558 - 0827**

or e-mail

**food@mowcm.org**

*“Every member loved the crab cakes!!!” — Mark Saperstein, Center Director, Active Day of Baltimore*

*“Eating together is an integral component of adult day care. The good food prepared by Meals On Wheels contributes to a friendly atmosphere at our lunch tables and is very much appreciated by our participants – one of their favorite meals is the oven-fried chicken special.”*

— **Cherie Melton, Center Director, St. Ann Adult Day Services**



Meals on Wheels of  
Central Maryland

515 South Haven Street  
Baltimore, MD 21224

410 – 558 – 0932, Option 3  
1 – 866 – 558 – 0827 (Toll Free)

410 – 675 – 4880 (Fax)

**food@mowcm.org (E-mail)**

All brochure photographs taken by Meals on Wheels at St. Ann Adult Day Services, a program offered through Catholic Charities of the Archdiocese of Baltimore



**ADULT DAY CARE  
NUTRITION  
PROGRAM**

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OF CENTRAL MARYLAND  
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Baltimore, MD 21224**

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# MEALS ON WHEELS OF CENTRAL MARYLAND WANTS TO BE YOUR ADULT DAY CARE NUTRITION FOOD SERVICE PROVIDER OF CHOICE

Meals on Wheels of Central Maryland has served meals to adult day care centers for over twenty years.

We currently serve meals in Anne Arundel, Carroll, Harford, Howard, and parts of Montgomery and Prince George's counties.



## TYPES OF DIETS OFFERED

At Meals on Wheels, we realize the importance a healthy diet plays in the well-being of your clients. We choose lean cuts of meat and do not add any salt during our food preparation process. Additionally, we offer the following diets:

- No concentrated sweets (for clients with diabetes)
- Texture Modified (for clients with dysphagia)
- No Pork or No Fish options

## MEALS OFFERED

- Breakfast
- Lunch
- Up to three snacks
- Box lunches



## COST

Cost is variable depending on the following:

- Location of the site
- Number of meals served at each site
- What menu options are chosen

## BENEFITS

- Menus planned by a registered staff dietitian
- Meals are designed to meet Child and Adult Care Food Program guidelines
- Hazard Analysis and Critical Control Point (HACCP) certified food managers
- We have our own fleet of vans and have drivers on staff
- Information on allergies and/or special diets is available

Meals on Wheels of Central Maryland is a 501(c)(3) nonprofit organization