

ADULT NUTRITION

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

FOR A PRICE QUOTE

410 - 558 - 0932 ext. 10942

Email: food@mowcm.org

“More than a meal”®

Meals on Wheels offers delicious, nutritious meals at a competitive price. But we believe it is our quality of service that separates us from the rest.

“Open Door Policy”

Meals on Wheels has and always will have an open door policy. That means any of our clients can stop by and request a tour of our cooking facility on any given day. Try asking this with your current meal provider.

This spring we made several improvements to our cooking facility and frankly we want to show it off.



Meals on Wheels of
Central Maryland
515 South Haven Street
Baltimore, MD 21224

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Fax: 410 - 675 - 4880

Email: food@mowcm.org

www.mealsonwheelsmd.org



Meals on Wheels

Of Central Maryland

“More than a meal”®



**ADULT DAY CARE
NUTRITION
PROGRAM**

MBE
Minority
Business
Enterprise



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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 thirty years. We currently serve meals in Anne Arundel, Carroll, Harford, Howard, Baltimore City and Baltimore counties.



TYPES OF DIETS AND MEALS 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 / Pureed Meals
- No Pork or No Fish options
- 1 Special per month, your choice, at your regular meal price (Cheese Omelet, Fajitas, Soup & Potato, etc)
- Additional special items may be purchased at anytime

MEALS OFFERED

- Breakfast
- Lunch
- Snacks
- Dinner
- Box lunches
- Special Meals



COST

Our cost is competitive with other food service providers and is varied depending on the following:

- Location of the site
- Number of meals served at each site

BENEFITS

- Menus planned by a registered staff dietitian who is onsite and available to answer questions to any concern you may have.
- Meals are designed to meet Child and Adult Care Food Program guidelines (CACFP)
- Hazard Analysis and Critical Control Point (HACCP) certified food managers always oversee production
- Meals on Wheels provides all setup and serving equipment needed for your site
- A free birthday cake is provided every month
- **Quality of Service is our #1 priority at Meals on Wheels and your satisfaction is guaranteed!!**

Meals on Wheels of Central Maryland is a 501(c)(3) nonprofit organization. All proceeds from our adult meal program help defray the cost of meals for clients who are homebound in your community.