

May 2018 Frozen Meals

Meals on Wheels of Central Maryland

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|---|--|---|--|
|  | 1) Salisbury Steak w/Gravy Lima Beans California Vegetables Wheat Bread w/Marg Tropical Fruit Cranberry Juice 1% Milk | 2) Baked Meatballs w/Sweet & Sour Sauce Brown Rice Sliced Carrots Wheat Bread w/Marg Mandarin Oranges Apple Juice 1% Milk | 3) Beef Hot Dog Black Eyed Peas Collard Greens Wheat Hot Dog Bun Mustard Pineapple Tidbits Cranberry Juice 1% Milk | 4) Mushroom Chicken Roasted Dill Potatoes Green Peas Wheat Bread w/Marg Fruit Cocktail Orange Juice 1% Milk | 5) Beef Fiesta Mac Corn Broccoli Wheat Roll w/Marg Pineapple Tidbits Orange Juice 1% Milk | 6) Turkey A La King Egg Noodles Green Peas Biscuit w/Marg Pineapple Tidbits Orange Juice 1% Milk |
| 7) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Capri Vegetables Italian Bread w/Marg Cinnamon Applesauce Orange Juice 1% Milk | 8) Honey Balsamic Chicken Thigh Mashed Spiced Yams Broccoli Wheat Roll w/Marg Mandarin Oranges Apple Juice 1% Milk | 9) Salisbury Steak w/Gravy Scalloped Potatoes Green Beans Wheat Bread w/Marg Diced Peaches Cranberry Juice 1% Milk | 10) Sliced Turkey w/Gravy Corn Brussels Sprouts Wheat Bread w/Marg Applesauce Cranberry Juice 1% Milk | 11) Fajita Chicken w/Enchilada Sauce Spanish Rice Fiesta Vegetables Flour Tortilla Applesauce Sugar Cookie Cranberry Juice 1% Milk | 12) Hamburger Oven Roasted Potatoes Sliced Carrots Wheat Hamburger Bun Mayo & Ketchup Applesauce Orange Juice 1% Milk | 13) Pepper Beef Steak Black Eyed Peas Mixed Greens Wheat Roll w/Marg Tropical Fruit Cranberry Juice 1% Milk |
| 14) Pineapple Chicken Black Beans Garden Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice 1% Milk | 15) Beef Cabbage Casserole Mixed Vegetables Wheat Roll w/Marg Diced Peaches Cranberry Juice 1% Milk | 16) Turkey A La King Egg Noodles Green Peas Biscuit w/Marg Pineapple Tidbits Orange Juice 1% Milk | 17) Meatloaf w/Brown Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Fruit Cocktail Cranberry Juice 1% Milk | 18) Baked Chicken Breast Crispy Cubed Potatoes Glazed Baby Carrots Wheat Hamburger Bun Mayo Diced Pears Orange Juice 1% Milk | 19) Country Fried Steak w/Country Gravy Lima Beans California Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice 1% Milk | 20) Swedish Turkey Meatballs Whole Grain Penne Mixed Vegetables Wheat Bread w/Marg Tropical Fruit Grape Juice 1% Milk |
| 21) Cranberry Dijon Chicken Scalloped Potatoes Broccoli Wheat Roll w/Marg Ambrosia Strawberry Shortcake Apple Juice & 1% Milk | 22) Teriyaki Meatballs Whole Grain Penne Japanese Vegetables Wheat Roll w/Marg Diced Pears Cranberry Juice 1% Milk | 23) Hamburger Oven Roast Potatoes Sliced Carrots Wheat Hamburger Bun Applesauce Cranberry Juice 1% Milk | 24) Baked Chicken w/Gravy Macaroni & Cheese Green beans Wheat Bread w/Marg Tropical Fruit Grape Juice 1% Milk | 25) Swiss Steak Black Eyed Peas Okra & Stewed Tomatoes Cornbread Muffin w/Marg Mandarin Oranges Orange Juice 1% Milk | 26) Beef Chili w/Beans Corn Mixed Greens Saltine Crackers w/Marg Diced Pears Orange Juice 1% Milk | 27) Beef & Bean Burrito Mexican Rice Fiesta Vegetables Wheat Bread w/Marg Fruit Cocktail Orange Juice 1% Milk |
| 28) Offices Closed-Additional Meals were sent out on 5/21 since there is no delivery today. | 29) BBQ Beef Riblet Baked Beans Collard Greens Wheat Hamburger Bun Pineapple Tidbits Cranberry Juice 1% Milk | 30) Turkey Burger Sauteed Peppers & Onions Brussels Sprouts Wheat Hamburger Bun Mustard Pineapple Tidbits Grape Juice 1% Milk | 31) Cheese Lasagna Roll Up w/Marinara Sauce Corn Spinach Italian Bread w/Marg Tropical Fruit Apple Juice 1% Milk |  |  |  |

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|--|---|---|--|--|---|---|
|  | Breaded Chicken Patty Tater Tots Broccoli Wheat Hamburger Bun Mayo & Ketchup Fruit Cocktail Fortified Juice | 2) Turkey Tetrizzini Corn Green Peas Wheat Roll w/Marg Tropical Fruit Fortified Juice | 3) Honey Mustard Chicken Braised Lentils Mixed Vegetables Wheat Bread w/Marg Applesauce Fortified Juice | 4) Beef Italiano Garlic & Red Pepper Penne Baby Carrots Wheat Bread w/Marg Mandarin Oranges Fortified Juice | | |
| 7) Baked Chicken w/Gravy Brown Rice Sliced Carrots Wheat Bread w/Marg Fruit Cocktail Fortified Juice | 8) Beef Patty w/Mushroom Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Pears Fortified Juice | 9) Sliced Turkey w/Gravy Lima Beans Country Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice | 10) Roast Beef w/Gravy Cut Yams Green Peas Wheat Bread w/Marg Diced Peaches Fortified Juice | 11) BBQ Beef Riblet Tater Tots Spinach Wheat Roll w/Marg Fruit Cocktail Fortified Juice | | |
| 14) Veal Parmesan w/Marinara Sauce Whole Grain Penne Mixed Vegetables Mandarin Oranges Apple Juice Fortified Juice | 15) Cheese Omelet w/Cheese Sauce Hash Brown Casserole Fiesta Vegetables Biscuit w/Marg Fruit Cocktail Fortified Juice | 16) Creamy Paprika Chicken Wild Rice Sliced Carrots Wheat Bread w/Marg Strawberry Applesauce Fortified Juice | 17) Sliced Turkey w/Gravy Cut Yams Green Beans Wheat Bread w/Marg Diced Pears Fortified Juice | 18) Swiss Steak w/Gravy Blackeyed Peas Broccoli Wheat Roll w/Marg Diced Peaches Fortified Juice | | |
| 21) Meatloaf w/Gravy Whipped Potatoes Glazed Carrots Wheat Bread w/Marg Pineapple Tidbits Fortified Juice | 22) Hawaiian Chicken Au Gratin Potatoes Green Beans Wheat Bread w/Marg Mandarin Oranges Fortified Juice | 23) Crustless Turkey Pot Pie Corn Harvard Beets Biscuit w/Marg Diced Pears Fortified Juice | 24) Pepper Beef Steak Black Eyed Peas Mixed Greens Wheat Roll w/Marg Tropical Fruit Fortified Juice | 25) Sliced Turkey w/Cranberry Orange Sauce Buttermilk Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Peaches Fortified Juice | | |
| 28) Offices Closed- Additional Meals were sent out on 5/21 since there is no delivery today. | 29) Swedish Turkey Meatballs Whole Grain Penne Mixed Vegetables Wheat Bread w/Marg Tropical Fruit Fortified Juice | 30) Creole Steak Scalloped Potatoes Glazed Carrots Wheat Bread w/Marg Mandarin Oranges Fortified Juice | 31) Apple Glazed Chicken Confetti Rice Broccoli Wheat Roll w/Marg Diced Peaches Fortified Juice |  |  |  |

TO CANCEL A MEAL, SHARE A CONCERN, OR ASK A QUESTION CALL YOUR REGIONAL OFFICE.
 ALL MEAL CANCELLATIONS MUST BE IN NO LATER THAN 11:00 A.M. THE DAY PRIOR
 MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE

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