

**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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	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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