

May 2018 HOT MEALS-Home Delivered Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1) Honey Balsamic Chicken Thigh Mashed Spiced Yams Broccoli Wheat Roll w/Marg Mandarin Oranges Apple Juice 1% Milk</p>	<p>2) Pork Roast w/Apricot Mustard Sauce Scalloped Potatoes Green Beans Wheat Bread w/Marg Fresh Fruit Cranberry Juice 1% Milk <i>PFS-Salisbury Steak w/Gravy</i></p>	<p>3) Stuffed Salmon w/Dill Sauce Corn Brussels Sprouts Wheat Bread w/Marg Applesauce Cranberry Juice 1% Milk <i>PFS-Turkey w/Gravy</i></p>	<p>4) Fajita Chicken Spanish Rice Fiesta Vegetables Flour Tortilla Enchilada Sauce Applesauce Sugar Cookie Cranberry Juice 1% Milk</p>
<p>7) Pineapple Chicken Black Beans Garden Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice 1% Milk</p>	<p>8) Beef Cabbage Casserole Mixed Vegetables Wheat Roll w/Marg Diced Peaches Cranberry Juice 1% Milk</p>	<p>9) Turkey A La King Egg Noodles Green Peas Biscuit w/Marg Pineapple Tidbits Orange Juice 1% Milk</p>	<p>10) Meatloaf w/Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Fresh Fruit Cranberry Juice 1% Milk</p>	<p>11) Krabby Cake Crispy Cubed Potatoes Glazed Baby Carrots Wheat Hamburger Bun Tartar Sauce Diced Pears Orange Juice 1% Milk <i>PFS- Baked Chicken Breast</i></p>
<p>14) Cranberry Dijon Chicken Scalloped Potatoes Broccoli Wheat Roll w/Marg Ambrosia Salad Strawberry Shortcake Apple Juice & 1% Milk</p>	<p>15) Teriyaki Meatballs Whole Grain Penne Pasta Japanese Vegetables Wheat Roll w/Marg Diced Pears Cranberry Juice 1% Milk</p>	<p>16) Hamburger Sliced Cheese Oven Roasted Potatoes Apple Crisp Carrot Raisin Salad Wheat Hamburger Bun Mayo & Ketchup Cranberry Juice & 1% Milk</p>	<p>17) Pork Roast w/Gravy Macaroni & Cheese Green Beans Wheat Bread w/Marg Tropical Fruit Grape Juice & 1% Milk <i>PFS-Baked Chicken w/Gravy</i></p>	<p>18) 10 Grain Pollock Blackeyed Peas Okra & Stewed Tomatoes Cornbread Muffin w/Marg Fresh Fruit Orange Juice 1% Milk <i>PFS-Swiss Steak w/Gravy</i></p>
<p>21) Glazed Turkey Ham Mashed Spiced Yams Broccoli Wheat Bread w/Marg Diced Peaches Apple Juice 1% Milk</p>	<p>22) BBQ Beef Riblet Baked Beans Collard Greens Wheat Hamburger Bun Fresh Fruit Cranberry Juice 1% Milk</p>	<p>23) Turkey Burger Sauteed Peppers & Onions Brussels Sprouts Wheat Hamburger Bun Mustard Fresh Fruit Grape Juice & 1% Milk</p>	<p>24) Cheese Lasagna Roll Up w/Marinara Sauce Corn Spinach Italian Bread w/Marg Tropical Fruit Apple Juice & 1% Milk</p>	<p>25) Sliced Roast Beef w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Fresh Fruit Orange Juice & 1% Milk</p>
<p>28) Offices Closed-Frozen Meals will be sent on 5/21 for use today.</p> 	<p>29) Sliced Turkey w/Gravy Whipped Potatoes Sliced Carrots Biscuit w/Marg Diced Pears Cranberry Juice 1% Milk</p>	<p>30) Bruschetta Beef Au Gratin Potatoes Green Beans Wheat Bread w/Marg Fresh Fruit Orange Juice 1% Milk</p>	<p>31) Veggie Burger Potato Wedges Hot Spiced Apples Coleslaw Wheat Hamburger Bun Orange Juice 1% Milk</p>	

May 2018 COLD MEALS-Home Delivered *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1) Egg Salad Chickpea Salad Fresh Fruit Wheat Bread Fortified Juice</p>	<p>2) Spinach Salad w/Chicken Salad Dressing Quinoa Pepper Salad Fresh Fruit Wheat Roll Fortified Juice</p>	<p>3) Sliced Roast Beef & Cheese Coleslaw Diced Peaches Wheat Bread Mayo Fortified Juice</p>	<p>4) Tuna Salad Ranch House Tomatoes Tropical Fruit Wheat Pita Bread Fortified Juice</p> <p><i>PFS-Turkey Salad</i></p>
<p>7) Sliced Roast Beef Mixed Vegetable Salad Pineapple Tidbits Club Roll Fortified Juice</p>	<p>8) Egg Salad Chickpea Salad Fresh Fruit Wheat Bread Mayo Fortified Juice</p>	<p>9) Seafood Salad Carrot Raisin Salad Strawberry Applesauce Wheat Pita Bread Fortified Juice</p> <p><i>PFS-Chicken Salad</i></p>	<p>10) Sliced Turkey & Swiss Cheese Green Beans Salad Diced Pears Rye Bread Mayo Fortified Juice</p>	<p>11) Chicken Caesar Salad w/Dressing Mediterranean Lentil Salad Diced Peaches Wheat Roll Fortified Juice</p>
<p>14) Tuna Salad Copper Pennies Pineapple Tidbits Wheat Bread Fortified Juice</p> <p><i>PFS-Turkey Salad</i></p>	<p>15) Zesty Baja Chicken Salad Three Bean Salad Fresh Fruit Hoagie Bun Fortified Juice</p>	<p>16) Sesame Chicken Salad Cucumber Salad Diced Pears Wheat Roll Fortified Juice</p>	<p>17) Egg Salad Black Eyed Pea Salad Fresh Fruit Kaiser Roll Fortified Juice</p>	<p>18) Sliced Turkey Pepper Slaw Diced Peaches Wheat Bread Mayo Fortified Juice</p>
<p>21) Egg Salad Honey Ginger Carrots Fresh Fruit Club Roll Fortified Juice</p>	<p>22) Sliced Turkey & Swiss Cheese Mixed Vegetable Salad Tropical Fruit Wheat Bread Mayo Fortified Juice</p>	<p>23) Chicken Salad Sandwich Ranch House Tomatoes Pineapple Tidbits Rye Bread Fortified Juice</p>	<p>24) Turkey Chef Salad w/Dressing Pasta Salad Diced Peaches Wheat Roll Fortified Juice</p>	<p>25) Tuna Salad White Bean Salad w/Olives Fresh Fruit Wheat Pita Bread Fortified Juice</p> <p><i>PFS-Turkey Salad</i></p>
<p>28) Offices Closed-Frozen Meals will be sent on 5/21 for use today.</p> 	<p>29) Krab Salad Spring Mix Salad w/Dressing Tropical Fruit Club Roll Fortified Juice</p> <p><i>PFS-Egg Salad</i></p>	<p>30) Turkey Salad Copper Pennies Fruit Cocktail Wheat Bread Fortified Juice</p>	<p>31) Sliced Roast Beef & Swiss Cheese Potato Salad Fresh Fruit Wheat Hamburger Bun Mayo Fortified Juice</p>	

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

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MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.