

**December 2018 Frozen Meals**      *Meals on Wheels of Central Maryland*

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY   |
|--|---|---|--|---|---|--|
| 3) Meatloaf w/Gravy<br>Buttermilk Potatoes<br>Brussels Sprouts<br>Wheat Bread w/Marg<br>Pineapple Tidbits<br>Apple Juice<br>Milk                       | 4) Sliced Turkey w/Gravy<br>Macaroni & Cheese<br>Spinach<br>Dinner Roll w/Marg<br>Mandarin Oranges<br>Cranberry Juice<br>Milk         | 5) Hamburger Baked Beans<br>Sliced Carrots<br>Wheat Hamburger Bun<br>Ketchup<br>Spiced Apples<br>Orange Juice<br>Milk                   | 6) Cranberry Dijon Chicken<br>Rosemary Potatoes<br>Cabbage<br>Wheat Roll w/Marg<br>Pineapple Tidbits<br>Grape Juice<br>Milk          | 7) Baked Chicken w/Newburg Sauce<br>Confetti Rice<br>Mixed Vegetables<br>Wheat Bread w/Marg<br>Fruit Cocktail<br>Orange Juice<br>Milk | 8) Swiss Steak<br>Scalloped Potatoes<br>Mixed Vegetables<br>Wheat Bread w/Marg<br>Applesauce<br>Cranberry Juice<br>Milk         | 9) Chicken Breast w/Alfredo Sauce<br>Penne Pasta<br>Brussels Sprouts<br>Italian Bread w/Marg<br>Diced Pears<br>Apple Juice<br>Milk     |
| 10) Turkey Meatballs w/Sweet & Sour Sauce<br>Garden Medley Rice<br>California Vegetables<br>Wheat Roll w/Marg<br>Applesauce<br>Cranberry Juice<br>Milk | 11) Beef Spaghetti Sauce<br>Whole Grain Penne Pasta<br>Green Beans<br>Cherry Crisp<br>Italian Bread w/Marg<br>Orange Juice<br>Milk    | 12) Baked Chicken Thigh<br>Black Eyed Peas<br>Cabbage<br>Wheat Bread w/Marg<br>Tropical Fruit<br>Apple Juice<br>Milk                    | 13) BBQ Chicken Breast<br>Crispy Cubed Potatoes<br>Harvard Beets<br>Dinner Roll w/Marg<br>Pineapple Tidbits<br>Orange Juice<br>Milk  | 14) Salisbury Steak w/Gravy<br>Mashed Spiced Yams<br>Green Peas<br>Wheat Roll w/Marg<br>Applesauce<br>Cranberry Juice<br>Milk         | 15) BBQ Beef Riblet<br>Macaroni & Cheese<br>Mixed Vegetables<br>Wheat Roll w/Marg<br>Applesauce<br>Cranberry Juice<br>Milk      | 16) Honey Mustard Chicken<br>Garlic Whipped Potatoes<br>Spinach<br>Wheat Roll w/Marg<br>Pineapple Tidbits<br>Cranberry Juice<br>Milk   |
| 17) Beef w/Peppers & Onions<br>Lima Beans<br>Stewed Tomatoes<br>Wheat Roll w/Marg<br>Diced Peaches<br>Orange Juice<br>Milk                             | 18) Brunswick Chicken Stew<br>Whipped Potatoes<br>Spinach<br>Saltine Crackers<br>Tropical Fruit<br>Apple Juice<br>Milk                | 19) Italian Turkey Sausage<br>Crispy Cubed Potatoes<br>Broccoli<br>Wheat Hot Dog Bun<br>Mustard<br>Spiced Apples<br>Grape Juice<br>Milk | 20) Sliced Roast Beef w/Gravy<br>Whipped Potatoes<br>Sliced Carrots<br>Dinner Roll w/Marg<br>Mandarin Oranges<br>Apple Juice<br>Milk | 21) Beef Hot Dog w/Chili<br>Mixed Vegetables<br>Wheat Hot Dog Bun<br>Ketchup & Mustard<br>Tropical Fruit<br>Cranberry Juice<br>Milk   | 22) Hamburger Tater Tots<br>Pacific Vegetable Blend<br>Wheat Hamburger Bun<br>Cinnamon Applesauce<br>Grape Juice<br>Milk        | 23) Turkey Meatballs w/Marinara Sauce<br>Whole Grain Penne<br>Broccoli<br>Wheat Bread w/Marg<br>Fruit Cocktail<br>Orange Juice<br>Milk |
| 24) Fiesta Lime Chicken<br>Cilantro Lime Rice<br>Mexicali Vegetables<br>Wheat Bread<br>Mandarin Oranges<br>Apple Juice<br>Milk                         | 25) Sliced Turkey w/Gravy<br>Garlic Whipped Potatoes<br>Glazed Carrots<br>Dinner Roll w/Marg<br>Tropical Fruit<br>Grape Juice<br>Milk | 26) Beef Chili w/Beans<br>Brown Rice<br>Broccoli<br>Saltine Crackers<br>Spiced Apples<br>Orange Juice<br>Milk                           | 27) Creamy Paprika Chicken<br>Buttered Bow Tie Pasta<br>Ratatouille<br>Wheat Bread<br>Pineapple Tidbits<br>Cranberry Juice<br>Milk   | 28) Chicken Kiev<br>Sweet Potato Casserole<br>Collard Greens<br>Wheat Roll w/Marg<br>Ambrosia<br>Apple Pie<br>Cranberry Juice<br>Milk | 29) Meatloaf w/Gravy<br>Whipped Potatoes<br>California Vegetables<br>Wheat Roll w/Marg<br>Tropical Fruit<br>Grape Juice<br>Milk | 30) Bourbon Style Chicken<br>Corn<br>Green Peas<br>Dinner Roll w/Marg<br>Mixed Fruit<br>Cranberry Juice<br>Milk                        |
| 31) Honey Mustard Chicken<br>Macaroni & Cheese<br>Herbed Green Beans<br>Dinner Roll w/Marg<br>Sliced Peaches<br>Orange Juice<br>Milk                   |   |   |   |    |    |   |

***December 2018 Frozen Meals***

***Meals on Wheels of Central Maryland***

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY  |
|---|---|---|--|--|---|---|
| 3) Turkey Burger<br>Rosemary White Beans<br>Mixed Vegetables<br>Wheat Hamburger Bun<br>Mayo<br>Mixed Fruit<br>Fortified Juice       | 4) Beef Jardine<br>Buttermilk Potatoes<br>Sliced Carrots<br>Wheat Roll w/Marg<br>Diced Pears<br>Fortified Juice                             | 5) Mozzarella Chicken<br>Garlic Rotini<br>Broccoli<br>Italian Bread w/Marg<br>Diced Peaches<br>Fortified Juice                              | 6) Salisbury Steak<br>w/Gravy<br>Confetti Rice<br>Capri Vegetables<br>Wheat Bread w/Marg<br>Tropical Fruit<br>Fortified Juice    | 7) Baked Chicken<br>w/BBQ Sauce<br>Macaroni & Cheese<br>Herbed Green Beans<br>Dinner Roll w/Marg<br>Cinnamon Applesauce<br>Fortified Juice |   |   |
| 10) Beef w/Peppers &<br>Onions<br>Brown Rice<br>Brussels Sprouts<br>Dinner Roll w/Marg<br>Pineapple Tidbits<br>Fortified Juice      | 11) Sliced Turkey<br>w/Cranberry Orange<br>Sauce<br>Scalloped Potatoes<br>Spinach<br>Wheat Roll w/Marg<br>Tropical Fruit<br>Fortified Juice | 12) Meatloaf<br>w/Tomato Gravy<br>Garlic Whipped Potatoes<br>Green Peas<br>Dinner Roll w/Marg<br>Diced Pears<br>Fortified Juice             | 13) Breaded Chicken Patty<br>Mixed Beans<br>Glazed Carrots<br>Wheat Hamburger Bun<br>Mayo<br>Citrus Fruit Cup<br>Fortified Juice | 14) Baked Meatballs<br>w/Marinara Sauce<br>Capri Vegetables<br>Mixed Fruit Crisp<br>Wheat Hot Dog Bun<br>Fortified Juice                   |   |   |
| 17) Baked Chicken<br>w/Gravy<br>Whipped Potatoes<br>Green Beans<br>Cornbread w/Marg<br>Tropical Fruit<br>Fortified Juice            | 18) BBQ Beef Riblet<br>Chuckwagon Corn<br>Brussels Sprouts<br>Wheat Roll w/Marg<br>Mandarin Oranges<br>Fortified Juice                      | 19) Sliced Turkey<br>w/Gravy<br>Mashed Spiced Yams<br>Garden Vegetables<br>Wheat Roll w/Marg<br>Cinnamon Applesauce<br>Fortified Juice      | 20) Beef Chili w/Beans<br>Brown Rice<br>Mixed Greens<br>Saltine Crackers<br>Diced Pears<br>Fortified Juice                       | 21) Hawaiian Chicken<br>Black Beans<br>Green Peas<br>Wheat Bread w/Marg<br>Diced Peaches<br>Fortified Juice                                |   |   |
| 24) Creole Steak<br>Garlic & Red Pepper<br>Penne<br>Italian Vegetables<br>Wheat Bread w/Marg<br>Mandarin Oranges<br>Fortified Juice | 25) Baked Chicken<br>w/BBQ Sauce<br>Baked Beans<br>Broccoli<br>Wheat Roll w/Marg<br>Fruit Cocktail<br>Fortified Juice                       | 26) Sliced Turkey<br>w/Apricot Mustard Sauce<br>Macaroni & Cheese<br>Glazed Carrots<br>Dinner Roll w/Marg<br>Diced Pears<br>Fortified Juice | 27) Beef Patty<br>w/Mushroom Gravy<br>Au Gratin Potatoes<br>Green Peas<br>Wheat Roll w/Marg<br>Tropical Fruit<br>Fortified Juice | 28) Beef & Bean Burrito<br>Corn<br>Japanese Vegetables<br>Wheat Bread w/Marg<br>Pineapple Tidbits<br>Fortified Juice                       |   |   |
| 31) Beef Italiano<br>Whipped Potatoes<br>Sliced Carrots<br>Dinner Roll w/Marg<br>Diced Pears<br>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

**OVER →**