

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) Turkey Meatballs w/Sweet & Sour Sauce Garden Medley Rice California Vegetables Wheat Roll w/Marg Fresh Fruit Cranberry Juice & Milk</p>	<p>4) Beef Spaghetti Sauce Whole Grain Penne Pasta Green Beans Cherry Crisp Italian Bread w/Marg Orange Juice Milk</p>	<p>5) Baked Chicken Thigh Black Eyed Peas Cabbage Wheat Bread w/Marg Tropical Fruit Apple Juice Milk</p>	<p>6) 10 Grain Pollock Crispy Cubed Potatoes Harvard Beets Dinner Roll w/Marg Fresh Fruit Orange Juice Milk PFS-BBQ Chicken</p>	<p>7) Pork Roast w/Gravy Mashed Spiced Yams Green Peas Wheat Roll w/Marg Applesauce Cranberry Juice & Milk PFS-Salisbury Steak w/Gravy</p>
<p>10) Beef w/Onions & Peppers Lima Beans Stewed Tomatoes Wheat Roll w/Marg Fresh Fruit Orange Juice Milk</p>	<p>11) Brunswick Chicken Stew Whipped Potatoes Spinach Saltine Crackers w/Marg Tropical Fruit Apple Juice Milk</p>	<p>12) Breaded Pollock Battered Fries Broccoli Wheat Hamburger Bun Ketchup & Tartar Sauce Fresh Fruit Grape Juice Milk PFS-Breaded Chicken Patty</p>	<p>13) Sliced Roast Beef w/Gravy Whipped Potatoes Sliced Carrots Dinner Rolls w/Marg Mandarin Oranges Apple Juice & Milk</p>	<p>14) Beef Hot Dog w/Chili Blueberry Crisp Coleslaw Wheat Hot Dog Bun Ketchup & Mustard Cranberry Juice & Milk</p>
<p>17) Fiesta Chicken Cilantro Lime Rice Mexicali Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk</p>	<p>18) Potato Crusted Fish Garlic Whipped Potatoes Glazed Carrots Dinner Roll w/Marg Tartar Sauce Tropical Fruit Grape Juice & Milk PFS-Sliced Turkey w/Gravy</p>	<p>19) Beef Chili w/Beans Brown Rice Broccoli Saltine Crackers Spiced Apples Orange Juice Milk</p>	<p>20) BBQ Pork Riblet Baked Beans Peach Crisp Coleslaw Wheat Hamburger Bun Apple Juice Milk PFS-BBQ Beef Riblet</p>	<p>21) Chicken Kiev Sweet Potato Casserole Collard Greens Wheat Roll w/Marg Ambrosia Apple Pie Cranberry Juice Milk</p>
<p>24) Potato Crusted Fish Macaroni & Cheese Herbed Green Beans Dinner Roll w/Marg Tartar Sauce Sliced Peaches Orange Juice & Milk PFS-Honey Mustard Chicken</p>	<p>25) Offices Closed-Frozen Meals were sent on 12/18 for use today.</p> 	<p>26) Stuffed Shells w/Meat Sauce Kale Pear Crisp Italian Bread w/Marg Grape Juice Milk</p>	<p>27) Sliced Turkey w/Gravy Whipped Potatoes Sliced Carrots Biscuit w/Marg Pineapple Tidbits Cranberry Juice Milk</p>	<p>28) Swedish Meatballs Buttered Herbed Penne Broccoli Wheat Bread w/Marg Fresh Fruit Apple Juice Milk</p>
<p>31) Sliced Ham w/Raisin Sauce Black Eyed Peas Cabbage Cornbread w/Marg Fresh Fruit Sweet Potato Pie Orange Juice & Milk PFS-Broccoli & Cheese Chicken Breast</p>				

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) Sliced Roast Beef & Swiss Cheese Mandarin Beets w/Citrus Dressing Applesauce Rye Bread Mayo Fortified Juice</p>	<p>4) Seafood Salad Broccoli Slaw Sliced Peaches Baguette Fortified Juice</p> <p><i>PFS-Egg Salad</i></p>	<p>5) Sliced Ham & Cheese Tex Mex Pasta Salad Fresh Fruit Wheat Bread Mustard Wheat Bread Fortified Juice</p> <p><i>PFS-Sliced Turkey & Cheese</i></p>	<p>6) Zesty Baja Chicken Salad Carrot Raisin Salad Pineapple Tidbits Croissant Fortified Juice</p>	<p>7) Turkey Chef Salad w/Dressing Chick Pea Salad Fresh Fruit Wheat Roll Fortified Juice</p>
<p>10) Sliced Turkey & Cheese Citrus Carrot Salad Sliced Peaches Rye Bread Mustard Fortified Juice</p>	<p>11) Sliced Roast Beef Patriotic Bean Salad Fresh Fruit Baguette Fortified Juice</p>	<p>12) Sliced Corned Beef & Provolone Cheese Potato Salad Fresh Fruit Pumpnickel Bread Mustard & Fortified Juice</p>	<p>13) Tuna Salad Pasta Salad Fresh Fruit Wheat Pita Bread Fortified Juice</p> <p><i>PFS-Chicken Salad</i></p>	<p>14) Chicken Pasta Salad Three Bean Salad Tropical Fruit Wheat Roll Fortified Juice</p>
<p>17) Sliced Roast Beef w/Cheese Black Eyed Pea Salad Fresh Fruit Baguette Mayo Fortified Juice</p>	<p>18) Turkey Salad Coleslaw Sliced Peaches Croissant Fortified Juice</p>	<p>19) Sliced Turkey & Cheese Couscous Salad Fresh Fruit Wheat Bread Mustard Fortified Juice</p>	<p>20) Egg Salad Tomato Basil Salad Pineapple Tidbits Wheat Bread Mayo Fortified Juice</p>	<p>21) Curry Chicken Salad Carrot Raisin Salad Sliced Pears Wheat Pita Bread Fortified Juice</p>
<p>24) Sliced Turkey & Swiss Cheese Coleslaw Tropical Fruit Rye Bread Mustard Fortified Juice</p>	<p>25) Offices Closed-Frozen Meals were sent on 12/18 for use today.</p> 	<p>26) Sliced Roast Beef & Cheese Citrus Carrot Salad Fluffy Fruit Salad Wheat Bread Mayo Fortified Juice</p>	<p>27) Chicken Caesar Salad w/Dressing Mediterranean Lentil Salad Fresh Fruit Wheat Roll Fortified Juice</p>	<p>28) Turkey Salad Tuscany Vegetable Salad Mandarin Oranges Croissant Fortified Juice</p>
<p>31) Sliced Roast Beef & Provolone Cheese Patriotic Bean Salad Fresh Fruit Wheat Bread 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.