

# March 2017 HOT MEALS

# Meals on Wheels of Central Maryland

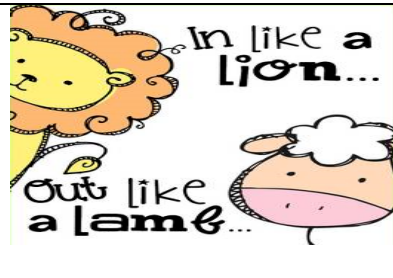
**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



6) Beef Tips  
w/Mushroom Gravy  
Egg Noodles  
Ratatouille  
Cornbread Muffin  
w/Marg  
Mandarin Oranges  
Apple Juice  
1% Milk

7) Crustless Turkey Pot Pie  
Rosemary Cannellini Beans  
Broccoli & Cauliflower  
Biscuit w/Marg  
Fruit Cocktail  
Grape Juice  
1% Milk

8) Bruschetta Beef  
Delmonico Potatoes  
Green Beans  
Wheat Bread w/Marg  
Fresh Fruit  
Orange Juice  
1% Milk

9) Creamy Paprika Chicken  
Whipped Potatoes  
Baby Carrots  
Wheat Bread w/Marg  
Rosy Pears  
Cranberry Juice  
1% Milk

10) Breaded Pollock  
Potato Wedges  
Hot Cinnamon Applesauce  
Coleslaw  
Wheat Hamburger Bun  
Tartar Sauce  
Orange Juice  
1% Milk  
*PFS-Hamburger*

13) Pepper Beef  
Whipped Potatoes  
Glazed Baby Carrots  
Wheat Bread w/Marg  
Tropical Fruit  
Grape Juice  
1% Milk

14) Potato Crusted Fish  
Hash Brown Casserole  
Diced Beets  
Rye Bread w/Marg  
Tartar Sauce  
Fresh Fruit  
Orange Juice  
1% Milk  
*PFS-Mushroom Chicken*

15) Chicken Marsala  
Whipped Potatoes  
Whipped Potatoes  
Green Beans  
Wheat Roll w/Marg  
Sliced Peaches  
Cranberry Juice  
1% Milk

16) Cured Turkey  
w/Pineapple Glaze  
Black Eyed Peas  
Mixed Greens  
Cornbread Muffin w/Marg  
Diced Pears  
Orange Juice  
1% Milk

17) Corned Beef  
Red Potatoes  
Cabbage w/Carrots  
Rye Bread w/Marg  
Lime Whip  
Fruit Cocktail  
Cranberry Juice  
1% Milk

20) Grilled Beef Strips  
w/Brown Gravy  
Whipped Potatoes  
Kale  
Wheat Bread w/Marg  
Sliced Peaches  
Grape Juice  
1% Milk

21) Garlic Rosemary  
Chicken  
Cut Yams  
Broccoli  
Wheat Roll w/Marg  
Diced Pears  
Apple Juice  
1% Milk

22) Baked Meatballs  
w/Marinara Sauce  
Whole Grain Spaghetti  
Capri Vegetables  
Italian Bread w/Marg  
Pineapple Tidbits  
Orange Juice  
1% Milk

23) Baked Chicken  
w/Creole Sauce  
Lima Beans  
Sliced Carrots  
Cornbread Muffin w/Marg  
Tropical Fruit  
Grape Juice  
1% Milk

24) Vegetarian Chili  
Scalloped Potatoes  
Green Beans  
Wheat Roll w/Marg  
Fresh Fruit  
Cranberry Juice  
1% Milk

27) Baked Chicken  
w/Cacciatore Sauce  
Whole Grain Penne  
Pasta  
Spinach  
Wheat Bread w/Marg  
Sliced Pears  
Cranberry Juice  
1% Milk

28) Beef Cabbage Casserole  
Mixed Vegetables  
Peach Crisp  
Wheat Roll w/Marg  
Cranberry Juice  
1% Milk

29) Turkey A La King  
Brown Rice  
Sliced Carrots  
Biscuit w/Marg  
Pineapple Tidbits  
Orange Juice  
1% Milk

30) Meatloaf  
w/Tomato Gravy  
Whipped Potatoes  
Cabbage w/Carrots  
Wheat Bread w/Marg  
Cherry Fruit Treat  
Cranberry Juice  
1% Milk

31) Stuffed Salmon  
w/Dill Sauce  
Rosemary Cannellini Beans  
Brussels Sprouts  
Cornbread Muffin w/Marg  
Applesauce  
Grape Juice  
1% Milk  
*PFS-Baked Chicken*

**OVER →**

## March 2017 COLD MEALS *Meals on Wheels of Central Maryland*

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

		<p>1) Tuna Salad Ranch House Tomatoes Pineapple Tidbits Club Roll Fortified Juice</p> <p><i>PFS-Egg Salad</i></p>	<p>2) Chicken Salad White Bean Salad w/Olives Fruit Cocktail Wheat Pita Bread Fortified Juice</p>	<p>3) Turkey Chef Salad w/Ranch Dressing Quinoa Pepper Salad Sliced Peaches Wheat Roll Fortified Juice</p>
<p>6) Chicken Salad Broccoli Slaw Sliced Peaches Kaiser Roll Fortified Juice</p>	<p>7) Krab Salad Copper Pennies Sliced Apples Wheat Bread Fortified Juice</p> <p><i>PFS-Chicken Salad</i></p>	<p>8) Egg Salad Spinach Salad w/1000 Island Dressing Fruit Cocktail Wheat Bread Fortified Juice</p>	<p>9) Roast Beef Chef Salad w/French Dressing Lentil Salad Pineapple Tidbits Wheat Roll Fortified Juice</p>	<p>10) Sliced Turkey &amp; Swiss Cheese Green Beans Salad Fresh Fruit Rye Bread Mayo Fortified Juice</p>
<p>13) Turkey Salad Broccoli Slaw Pineapple Tidbits Club Roll Fortified Juice <i>PFS-Chicken Salad</i></p>	<p>14) Tuna Salad Pineapple Slaw Fresh Fruit Multi Grain Bread Fortified Juice</p> <p><i>PFS-Chicken Salad</i></p>	<p>15) Asian Pork Salad w/Dressing Patriotic Bean Salad Cherry Fruit Treat Wheat Roll Fortified Juice</p> <p><i>PFS-Chicken Club Salad</i></p>	<p>16) Sliced Roast Beef Confetti Corn Salad Fresh Fruit Wheat Bread Mayo Fortified Juice</p>	<p>17) Egg Salad Carrot Raisin Salad Fruit Salad Wheat Bread Fortified Juice</p>
<p>20) Sliced Turkey Mixed Vegetable Salad Fresh Fruit Kaiser Roll Mayo Fortified Juice</p>	<p>21) Tuna Salad Copper Pennies Fruit Cocktail Hoagie Bun Fortified Juice</p> <p><i>PFS-Egg Salad</i></p>	<p>22) Chicken Salad Chick Pea Salad Diced Pears Wheat Pita Bread Fortified Juice</p>	<p>23) Egg Salad Coleslaw Sliced Peaches Wheat Bread Fortified Juice</p>	<p>24) Spinach Salad w/Chicken Ranch Dressing Quinoa Pepper Salad Sliced Apples Dinner Roll Fortified Juice</p>
<p>27) Sliced Turkey Mixed Vegetable Salad Peaches &amp; Pineapples Club Roll Mayo Fortified Juice</p>	<p>28) Seafood Salad Whole Grain Pasta Salad Fresh Fruit Wheat Pita Bread Fortified Juice</p> <p><i>PFS-Turkey Salad</i></p>	<p>29) Sliced Roast Beef Ranch House Tomatoes Fruit Cocktail Wheat Bread Mayo Fortified Juice</p>	<p>30) Egg Salad Mediterranean Lentil Salad Fresh Fruit Kaiser Roll Fortified Juice</p>	<p>31) Chicken Caesar Salad Carrot Raisin Salad Sliced Peaches Wheat Roll 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  
MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

**OVER →**