

April 2018 Frozen Meals

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2) Pineapple Chicken Black Beans Garden Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice 1% Milk</p>	<p>3) Beef Cabbage Casserole Mixed Vegetables Wheat Roll w/Marg Diced Peaches Cranberry Juice 1% Milk</p>	<p>4) Turkey A La King Egg Noodles Green Peas Biscuit w/Marg Pineapple Tidbits Orange Juice 1% Milk</p>	<p>5) Beef Hot Dog Tater Tots Mixed Vegetables Wheat Hot Dog Bun Mustard Fruit Cocktail Brownie Cranberry Juice & 1% Milk</p>	<p>6) Baked Chicken Breast Crispy Cubed Potatoes Glazed Baby Carrots Wheat Hamburger Bun Mayo Diced Pears Orange Juice 1% Milk</p>	<p>7) Country Captain w/Co Lir Californ Wheat Manda Ap 1</p>
<p>9) Glazed Chicken Scalloped Potatoes Green Peas Wheat Roll w/Marg Fluffy Fruit Salad Cranberry Juice Coconut Cake 1% Milk</p>	<p>10) Country Captain Chicken Brown Rice Broccoli Wheat Bread w/Marg Diced Pears Apple Juice 1% Milk</p>	<p>11) Hamburger Oven Roast Potatoes Sliced Carrots Wheat Hamburger Bun Applesauce Cranberry Juice 1% Milk</p>	<p>12) Baked Chicken w/Gravy Macaroni & Cheese Green beans Wheat Bread w/Marg Tropical Fruit Grape Juice 1% Milk</p>	<p>13) Swiss Steak Black Eyed Peas Okra & Stewed Tomatoes Cornbread Muffin w/Marg Mandarin Oranges Orange Juice 1% Milk</p>	<p>14) Beef Mix Saltine C Dic Ora 1</p>
<p>16) Honey Baked Chicken Mashed Spiced Yams Broccoli Wheat Bread w/Marg Diced Peaches Apple Juice 1% Milk</p>	<p>17) BBQ Beef Riblet Baked Beans Collard Greens Wheat Hamburger Bun Pineapple Tidbits Cranberry Juice 1% Milk</p>	<p>18) Southwest Chicken Thigh Spanish Rice Mexicali Vegetables Wheat Bread w/Marg Mandarin Oranges Grape Juice 1% Milk</p>	<p>19) Sliced Roast Beef w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Diced Pears Orange Juice 1% Milk</p>	<p>20) Cheese Lasagna Roll Up w/Marinara Sauce Corn Spinach Italian Bread w/Marg Tropical Fruit Apple Juice 1% Milk</p>	<p>21) Bal w/Sweet Br Slic Wheat Manda Ap 1</p>
<p>23) Beef Hot Dog Baked Beans Mixed Greens Wheat Hot Dog Bun Ketchup & Mustard Tropical Fruit Orange Juice 1% Milk</p>	<p>24) Sliced Turkey w/Gravy Whipped Potatoes Sliced Carrots Biscuit w/Marg Diced Pears Cranberry Juice 1% Milk</p>	<p>25) Bruschetta Beef Au Gratin Rotini Green Beans Wheat Bread w/Marg Mandarin Oranges Orange Juice 1% Milk</p>	<p>26) Creamy Chicken Tikka Oven Roasted Potatoes Mixed Vegetables Naan Bread w/Marg Pineapple Tidbits Cranberry Juice 1% Milk</p>	<p>27) Veggie Burger Potato Wedges Green Peas Wheat Hamburger Bun Ketchup Spiced Apples Orange Juice 1% Milk</p>	<p>28) Bal w/Mar Whole Capri Italian Fru Ora 1</p>
<p>30) Pesto Chicken Garlic Parmesan Orzo Ratatouille Wheat Roll w/Marg Diced Pears Orange Juice 1% Milk</p>					

April 2018 Frozen Meals

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
2) Veal Parmesan w/Marinara Sauce Whole Grain Penne Mixed Vegetables Mandarin Oranges Apple Juice Fortified Juice	3) Cheese Omelet w/Cheese Sauce Hash Brown Casserole Fiesta Vegetables Biscuit w/Marg Fruit Cocktail Fortified Juice	4) Creamy Paprika Chicken Wild Rice Sliced Carrots Wheat Bread w/Marg Strawberry Applesauce Fortified Juice	5) Sliced Turkey w/Gravy Cut Yams Green Beans Wheat Bread w/Marg Diced Peaches Fortified Juice	6) Swiss Steak w/Gravy Blackeyed Peas Broccoli Wheat Roll w/Marg Diced Peaches Fortified Juice	
9) Hawaiian Chicken Au Gratin Potatoes Green Beans Wheat Bread w/Marg Mandarin Oranges Fortified Juice	10) Meatloaf w/Gravy Whipped Potatoes Glazed Carrots Wheat Bread w/Marg Pineapple Tidbits Fortified Juice	11) Crustless Turkey Pot Pie Corn Harvard Beets Biscuit w/Marg Diced Peaches Fortified Juice	12) Pepper Beef Steak Black Eyed Peas Mixed Greens Wheat Roll w/Marg Tropical Fruit Fortified Juice	13) Sliced Turkey w/Cranberry Orange Sauce Buttermilk Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Peaches Fortified Juice	
16) Cheese Omelet w/Cheese Sauce Hash Brown Casserole Stewed Tomatoes Biscuit w/Jelly Pkt Pineapple Tidbits Fortified Juice	17) Swedish Turkey Meatballs Whole Grain Penne Mixed Vegetables Wheat Bread w/Marg Tropical Fruit Fortified Juice	18) Creole Steak Scalloped Potatoes Glazed Carrots Wheat Bread w/Marg Mandarin Oranges Fortified Juice	19) Apple Glazed Chicken Confetti Rice Broccoli Wheat Roll w/Marg Diced Peaches Fortified Juice	20) Country Fried Steak w/Country Gravy Lima Beans California Vegetables Wheat Bread w/Marg Mandarin Oranges Fortified Juice	
23) Honey Baked Chicken Mashed Spiced Yams Broccoli Wheat Bread w/Marg Diced Peaches Fortified Juice	24) Sweet & Sour Meatballs Garden Medley Rice Japanese Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice	25) Sliced Turkey w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Fruit Cocktail Fortified Juice	26) Beef Chili w/Beans Corn Mixed Greens Saltine Crackers w/Marg Diced Peaches Fortified Juice	27) Bourbon Chicken Baked Beans Garden Vegetables Wheat Roll w/Marg Fortified Juice	
30) Egg Patty Turkey Sausage Link O'Brien Potatoes Stewed Tomatoes Biscuit w/Jelly Pkt Mandarin Orange 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