

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

**MONDAY
FRIDAY**




TUESDAY

WEDNESDAY

THURSDAY

<p>2) Glazed Ham Scalloped Potatoes Green Peas Wheat Roll w/Marg Fluffy Fruit Salad Coconut Cake Grape Juice & 1% Milk</p>	<p>3) Country Captain Chicken Brown Rice Broccoli Wheat Bread w/Marg Fresh Fruit Apple Juice 1% Milk</p>	<p>4) Hamburger Sliced Cheese Oven Roasted Potatoes Apple Crisp Carrot Raisin Salad Wheat Hamburger Bun Mayo & Ketchup Cranberry Juice 1% Milk</p>	<p>5) 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>6) 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>9) Glazed Turkey Ham Mashed Spiced Yams Broccoli Wheat Bread w/Marg Diced Peaches Apple Juice 1% Milk</p>	<p>10) BBQ Beef Riblet Baked Beans Collard Greens Wheat Hamburger Bun Fresh Fruit Cranberry Juice 1% Milk</p>	<p>11) Scrambled Eggs Turkey Sausage Patty Hashbrown Casserole Stewed Tomatoes Biscuit w/Jelly Packet Tropical Fruit Orange Juice 1% Milk</p>	<p>12) Sliced Roast Beef w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Fresh Fruit Orange Juice & 1% Milk</p>	<p>13) Cheese Lasagna Roll Up w/Marinara Sauce Corn Spinach Italian Bread w/Marg Tropical Fruit Apple Juice & 1% Milk</p>
<p>16) Beef Hot Dog Baked Beans Mixed Greens Wheat Hot Dog Bun Ketchup & Mustard Tropical Fruit Orange Juice 1% Milk</p>	<p>17) Sliced Turkey w/Gravy Whipped Potatoes Sliced Carrots Biscuit w/Marg Diced Pears Cranberry Juice 1% Milk</p>	<p>18) Bruschetta Beef Au Gratin Potatoes Green Beans Wheat Bread w/Marg Fresh Fruit Orange Juice 1% Milk</p>	<p>19) Creamy Chicken Tikka Oven Roasted Potatoes Mixed Vegetables Naan Bread Pineapple Tidbits Cranberry Juice 1% Milk</p>	<p>20) Veggie Burger Potato Wedges Hot Spiced Apples Coleslaw Wheat Hamburger Bun Orange Juice 1% Milk</p>
<p>23) Pesto Chicken Garlic Parmesan Orzo Ratatouille Wheat Roll w/Marg Fresh Fruit Orange Juice 1% Milk</p>	<p>24) Salisbury Steak w/Gravy Lima beans California Vegetables Wheat Bread w/Marg Tropical Fruit Cranberry Juice 1% Milk</p>	<p>25) Baked Meatballs w/Sweet & Sour Sauce Brown Rice Sliced Carrots Wheat Bread w/Marg Mandarin Oranges Apple Juice 1% Milk</p>	<p>26) Turkey Sausage Black Eyed Peas Collard Greens Wheat Hot Dog Bun Mustard Pineapple Tidbits Cranberry Juice 1% Milk</p>	<p>27) Potato Crusted Fish Roasted Dill Potatoes Green Peas Wheat Bread w/Marg Tartar Sauce Fresh Fruit Orange Juice 1% Milk <i>PFS-Mushroom Chicken</i></p>
<p>30) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Capri Vegetables Italian Bread w/Marg Fresh Fruit Orange Juice 1% Milk</p>				

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Zesty Baja Chicken Salad Three Bean Salad Fresh Fruit Hoagie Bun Fortified Juice	3) Tuna Salad Copper Pennies Pineapple Tidbits Wheat Bread Fortified Juice <i>PFS-Turkey Salad</i>	4) Sesame Chicken Salad Cucumber Salad Diced Pears Wheat Roll Fortified Juice	5) Egg Salad Black Eyed Pea Salad Fresh Fruit Kaiser Roll Fortified Juice	6) Sliced Turkey & Swiss Cheese Pepper Slaw Diced Peaches Wheat Bread Mayo Fortified Juice
9) Egg Salad Honey Ginger Carrots Fresh Fruit Club Roll Fortified Juice	10) Sliced Turkey & Swiss Cheese Mixed Vegetable Salad Tropical Fruit Wheat Bread Mayo Fortified Juice	11) Egg Salad Honey Ginger Carrots Fresh Fruit Club Roll Fortified Juice	12) Turkey Chef Salad w/Dressing Pasta Salad Diced Peaches Wheat Roll Fortified Juice	13) Tuna Salad White Bean Salad w/Olives Fresh Fruit Wheat Pita Bread Fortified Juice <i>PFS-Turkey Salad</i>
16) Curry Chicken Salad Ranch House Tomatoes Diced Peaches Kaiser Roll Fortified Juice	17) Krab Salad Spring Mix Salad w/Dressing Tropical Fruit Club Roll Fortified Juice <i>PFS-Egg Salad</i>	18) Turkey Salad Copper Pennies Fruit Cocktail Wheat Bread Fortified Juice	19) Sliced Roast Beef & Swiss Cheese Potato Salad Fresh Fruit Wheat Hamburger Bun Mayo Fortified Juice	20) Southwest Chicken Salad w/Dressing Mediterranean Lentil Salad Fresh Fruit Wheat Roll Fortified Juice
23) Tuna Salad Coleslaw Mandarin Oranges Wheat Pita Bread Fortified Juice <i>PFS-Egg Salad</i>	24) Turkey Salad Tex Mex Pasta Salad Fresh Fruit Club Roll Fortified Juice	25) Asian Chicken Salad w/Dressing Confetti Corn Salad Tropical Fruit Wheat Roll Fortified Juice	26) Chicken Salad Patriotic Bean Salad Fresh Fruit Wheat Bread Fortified Juice	27) Egg Salad Carrot Raisin Salad Fruit Cocktail Wheat Bread Fortified Juice
30) Chicken Salad Copper Pennies Fruit Cocktail Kaiser Roll 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**

OVER ➡

MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.