






February 2019 Frozen Meals

Meals on Wheels of Central Maryland

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--|---|--|
|  |  |  | | 1) Beef Hot Dog w/Chili Mixed Vegetables Wheat Hot Dog Bun Mustard & Ketchup Tropical Fruit Cranberry Juice Milk | 2) Hamburger Tater Tots Pacific Vegetables Wheat Hamburger Bun Ketchup Cinnamon Applesauce Grape Juice Milk | 3) Turkey Meatballs w/Marinara Sauce Penne Pasta Broccoli Wheat Bread w/Marg Fruit Cocktail Orange Juice Milk |
| 4) Fiesta Chicken Cilantro Lime Rice Mexicali Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk | 5) Sliced Turkey w/Gravy Garlic Whipped Potatoes Glazed Carrots Dinner Roll w/Marg Tropical Fruit Grape Juice Milk | 6) Beef Chili w/Beans Brown Rice Broccoli Saltine Crackers w/Marg Spiced Apples Orange Juice Milk | 7) Creamy Paprika Chicken Buttered Bow Tie Pasta Ratatouille Wheat Bread w/Marg Pineapple Tidbits Cranberry Juice Milk | 8) BBQ Beef Riblet Baked Beans Mixed Greens Wheat Hamburger Bun Diced Peaches Orange Juice Milk | 9) Meatloaf w/Gravy Whipped Potatoes California Vegetables Wheat Roll w/Marg Tropical Fruit Grape Juice Milk | 10) Bourbon Style Chicken Corn Green Peas Dinner Roll w/Marg Mixed Fruit Cranberry Juice Milk |
| 11) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Capri Vegetables Italian Bread w/Marg Fruit Cocktail Orange Juice Milk | 12) Sliced Turkey w/Gravy Corn Brussels Sprouts Wheat Bread w/Marg Applesauce Cranberry Juice Milk | 13) Baked Chicken w/Honey Balsamic Sauce Mashed Spiced Yams Broccoli Wheat Roll w/Marg Pineapple Tidbits Apple Juice Milk | 14) Salisbury Steak w/Gravy Scalloped Potatoes Green Beans Wheat Bread w/Marg Diced Pears Cranberry Juice Milk | 15) Baked Chicken w/Creole Sauce Lima Beans California Vegetables Wheat Bread w/Marg Tropical Fruit Grape Juice Milk | 16) Beef w/Peppers & Onions Black Eyed Peas Mixed Greens Wheat Roll w/Marg Tropical Fruit Cranberry Juice Milk | 17) Breaded Chicken Patty Crispy Cubed Potatoes Sliced Carrots Wheat Hamburger Bun Mayo & Ketchup Applesauce Orange Juice & Milk |
| 18) Offices Closed- Additional Meals were sent out on 2/11 since there is no delivery today.  | 19) Pineapple Chicken Confetti Rice Garden Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk | 20) Beef Hot Dog Sauerkraut Ranch Beans Wheat Hot Dog Bun Mustard & Ketchup Tropical Fruit Cranberry Juice Milk | 21) Cranberry Dijon Chicken Au Gratin Potatoes Broccoli Dinner Roll w/Marg Diced Peaches Apple Juice Milk | 22) Meatloaf w/Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Pineapple Tidbits Cranberry Juice Milk | 23) Chicken w/Alfredo Sauce Penne Pasta Italian Blend Vegetables Wheat Bread w/Marg Tropical Fruit Grape Juice Milk | 24) Beef Patty w/Country Gravy Lima Beans California Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk |
| 25) Swiss Steak w/Gravy Black Eyed Peas Okra & Stewed Tomatoes Dinner Roll w/Marg Diced Peaches Orange Juice Milk | 26) Swedish Meatballs Penne Pasta Sliced Carrots Wheat Bread w/Marg Cinnamon Applesauce Cranberry Juice Milk | 27) Baked Chicken w/Country Captain Sauce Brown Rice Broccoli Wheat Bread w/Marg Pineapple Tidbits Apple Juice Milk | 28) Hamburger Sliced Cheese Crispy Cubed Potatoes Harvard Beets Wheat Hamburger Bun Mayo & Ketchup Diced Pears Cranberry Juice Milk | |  | |

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|---|---|--------|
|  |  |  | | 1) Hawaiian Chicken Black Beans Green Peas Wheat Bread w/Marg Diced Peaches Fortified Juice | | |
| 4) Creole Steak Garlic & Red Pepper Penne Italian Vegetables Wheat Bread w/Marg Mandarin Oranges Fortified Juice | 5) Baked Chicken w/BBQ Sauce Baked Beans Broccoli Wheat Roll w/Marg Fruit Cocktail Fortified Juice | 6) Sliced Turkey w/Apricot Mustard Sauce Macaroni & Cheese Glazed Carrots Dinner Roll w/Marg Diced Pears Fortified Juice | 7) Beef w/Mushroom Gravy Au Gratin Potatoes Green Peas Wheat Roll w/Marg Tropical Fruit Fortified Juice | 8) Beef & Bean Burrito Corn Japanese Vegetables Wheat Bread w/Marg Pineapple Tidbits Fortified Juice | | |
| 11) Baked Chicken w/Gravy Brown Rice Sliced Carrots Wheat Bread w/Marg Mixed Fruit Fortified Juice | 12) BBQ Chicken Breast Macaroni & Cheese Spinach Wheat Roll w/Marg Fruit Cocktail Fortified Juice | 13) Beef w/Mushroom Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Pears Fortified Juice | 14) Sliced Turkey w/Gravy Lima Beans Country Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice | 15) Roast Beef w/Gravy Cut Yams Green Peas Dinner Roll w/Marg Diced Peaches Fortified Juice | | |
| 18) Offices Closed- Additional Meals were sent out on 2/11 since there is no delivery today.  | 19) Fajita Chicken Corn Casserole Fiesta Vegetables Flour Tortilla Mandarin Oranges Fortified Juice | 20) Creamy Paprika Chicken Wild Rice Sliced Carrots Wheat Bread w/Marg Strawberry Applesauce Fortified Juice | 21) Beef w/Onions & Peppers Penne Pasta Mixed Vegetables Pineapple Tidbits Wheat Roll w/Marg Fortified Juice | 22) Sliced Turkey w/Gravy Cut Yams Green Beans Wheat Bread w/Marg Sliced Pears Fortified Juice | | |
| 25) Sliced Turkey w/Cranberry Orange Sauce Buttermilk Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Peaches Fortified Juice | 26) Hawaiian Chicken Au Gratin Potatoes Green Beans Wheat Bread w/Marg Mandarin Oranges Fortified Juice | 27) Meatloaf w/Gravy Whipped Potatoes Glazed Carrots Wheat Bread w/Marg Pineapple Tidbits Fortified Juice | 28) Creamy Turkey Casserole Corn Spinach Biscuit w/Marg Tropical Fruit 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

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