

February 2019 HOT MEALS-Home Delivered *Meals on Wheels of Central Maryland*



MONDAY

TUESDAY






WEDNESDAY

THURSDAY

FRIDAY

				<p>1) BBQ Pork Riblet Baked Beans Peach Crisp Coleslaw Wheat Hamburger Bun Apple Juice Milk <i>PFS-BBQ Beef Riblet</i></p>
<p>4) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Capri Vegetables Italian Bread w/Marg Fresh Fruit Orange Juice Milk</p>	<p>5) Stuffed Salmon w/Dill Sauce Corn Brussels Sprouts Wheat Bread w/Marg Applesauce Cranberry Juice Milk <i>PFS-Sliced Turkey w/Gravy</i></p>	<p>6) Honey Balsamic Chicken Mashed Spiced Yams Broccoli Wheat Roll w/Marg Pineapple Tidbits Apple Juice Milk</p>	<p>7) Pork Roast w/Gravy Scalloped Potatoes Green Beans Wheat Bread w/Marg Fresh Fruit Cranberry Juice Milk <i>PFS-Salisbury Steak w/Gravy</i></p>	<p>8) Baked Chicken w/Creole Sauce Lima Beans California Vegetables Wheat Bread w/Marg Tropical Fruit Grape Juice Milk</p>
<p>11) Veggie Burger Macaroni & Cheese Glazed Baby Carrots Wheat Hamburger Bun Mayo & Ketchup Diced Pears Orange Juice Milk</p>	<p>12) Pineapple Chicken Confetti Rice Garden Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk</p>	<p>13) Beef Hot Dog Sauerkraut Ranch Beans Wheat Hot Dog Bun Mustard & Ketchup Tropical Fruit Cranberry Juice Milk</p>	<p>14) Cranberry Dijon Chicken Au Gratin Potatoes Broccoli Dinner Roll w/Marg Fresh Fruit Red Velvet Cake Apple Juice & Milk</p>	<p>15) Meatloaf w/Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Fresh Fruit Cranberry Juice Milk</p>
<p>18) Offices Closed-Frozen Meals were send on 2/11 for use today.</p> 	<p>19) Swedish Meatballs Whole Grain Penne Pasta Sliced Carrots Wheat Bread w/Marg Cinnamon Applesauce Cranberry Juice Milk</p>	<p>20) Baked Chicken Breast w/Country Captain Sauce Brown Rice Broccoli Wheat Bread w/Marg Fresh Fruit Apple Juice Milk</p>	<p>21) Hamburger Sliced Cheese Crispy Cubed Potatoes Harvard Beets Wheat Hamburger Bun Mayo & Ketchup Diced Pears Cranberry Juice Milk</p>	<p>22) Pork Roast w/Apricot Mustard Sauce Macaroni & Cheese Green Beans Wheat Bread w/Marg Tropical Fruit Grape Juice & Milk <i>PFS-Chicken w/Apricot Mustard Sauce</i></p>
<p>25) BBQ Pork Riblet Baked Beans Collard Greens Wheat Hamburger Bun Fresh Fruit Cranberry Juice Milk <i>PFS-BBQ Beef Riblet</i></p>	<p>26) Southwest Chicken Spanish Rice Mexicali Vegetables Wheat Bread w/Marg Mandarin Oranges Grape Juice Milk</p>	<p>27) Salisbury Steak w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Fresh Fruit Orange Juice Milk</p>	<p>28) Cheese Lasagna w/Marinara Sauce Corn Green Peas Italian Bread w/Marg Tropical Fruit Apple Juice Milk</p>	

February 2019 COLD MEALS-Home Delivered *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Curry Chicken Salad Carrot Raisin Salad Sliced Pears Wheat Pita Bread Fortified Juice
4) Chicken Salad Citrus Carrot Salad Fruit Cocktail Croissant Fortified Juice	5) Sliced Ham & Cheese Coleslaw Diced Peaches Wheat Bread Mayo Fortified Juice <i>PFS-Sliced Roast Beef & Cheese</i>	6) Tuna Salad Tomato Salsa Tropical Fruit Wheat Pita Bread Fortified Juice <i>PFS-Turkey Salad</i>	7) Chicken Caesar Salad w/Dressing Quinoa Pepper Salad Fresh Fruit Whole Grain Blueberry Muffin Fortified Juice	8) Sliced Turkey & Provolone Cheese Chickpea Salad Fresh Fruit Rye Bread Mustard Fortified Juice
11) Baked Chicken Breast Honey Mustard Sauce Penne Pasta Salad Fresh Fruit Wheat Hamburger Bun Fortified Juice	12) Turkey Chef Salad w/Dressing Mediterranean Lentil Salad Fresh Fruit Wheat Roll Fortified Juice	13) Egg Salad Carrot Raisin Salad Tropical Fruit Kaiser Roll Fortified Juice	14) Sliced Turkey & Swiss Cheese Green Bean & Tomato Salad Diced Peaches Pumpnickel Bread Mayo Fortified Juice	15) Seafood Salad Mixed Vegetable Salad Pineapple Tidbits Wheat Pita Bread Fortified Juice <i>PFS-Egg Salad</i>
18) Offices Closed-Frozen Meals were send on 2/11 for use today. 	19) Zesty Baja Chicken Salad Three Bean Salad Fresh Fruit Wheat Pita Bread Fortified Juice	20) Tuna Salad Copper Pennies Pineapple Tidbits Croissant Fortified Juice <i>PFS-Turkey Salad</i>	21) Greek Chicken Salad w/Dressing Pasta Salad Fresh Fruit Naan Bread Fortified Juice	22) Sliced Roast Beef & Muenster Cheese Black Eyed Pea Salad Fresh Fruit Wheat Bread Mayo Fortified Juice
25) Turkey Salad Mixed Green Salad w/Dressing Tropical Fruit Croissant Fortified Juice	26) Sliced Corned Beef & Swiss Cheese White Bean Salad w/Olives Fresh Fruit Rye Bread Mustard Fortified Juice	27) Chicken Pasta Salad Broccoli Craisin Salad Mandarin Oranges Wheat Roll Fortified Juice	28) Tuna Salad Lemon Dijon Carrot Salad Fresh Fruit Wheat Pita Bread Fortified Juice <i>PFS-Egg Salad</i>	

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 PRIO

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MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.