

**February 2018 Frozen Meals**

*Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<p>1) Sliced Roast Beef w/Gravy Whipped Potatoes Broccoli Cornbread Muffin w/Marg Diced Peaches Cranberry Juice 1% Milk</p>	<p>2) Turkey Primavera Lemon Orzo Chuckwagon Corn Wheat Bread w/Marg Pineapple Tidbits Apple Juice 1% Milk</p>	<p>3) Hamburger Crispy Cubed Potatoes Summer Vegetables Wheat Hamburger Bun Cinnamon Applesauce Orange Juice 1% Milk</p>	<p>4) Baked Meatballs w/Marinara Sauce Whole Grain Penne Harvard Beets Wheat Bread w/Marg Fruit Cocktail Cranberry Juice 1% Milk</p>
<p>5) Fiesta Chicken Cilantro Lime Rice Mexicali Vegetables Wheat Bread w/Marg Diced Pears Orange Juice 1% Milk</p>	<p>6) Country Fried Steak w/Country Gravy Garlic Whipped Potatoes Green Peas Wheat Bread w/Marg Tropical Fruit Grape Juice 1% Milk</p>	<p>7) BBQ Beef Riblet Baked Beans Broccoli Wheat Hamburger Bun Mandarin Oranges Apple Juice 1% Milk</p>	<p>8) Baked Chicken w/Cacciatore Sauce Ziti Pasta Glazed Baby Carrots Wheat Bread w/Marg Diced Peaches Cranberry Juice 1% Milk</p>	<p>9) Beef Chili w/Beans Brown Rice Okra, Corn, Stewed Tomatoes Saltine Crackers Spiced Apples Orange Juice 1% Milk</p>	<p>10) Chicken w/Alfredo Sauce Chuckwagon Corn Brussels Sprouts Texas Bread w/Marg Mandarin Oranges &amp; Pineapple Cranberry Juice 1% Milk</p>	<p>11) Meatloaf w/Gravy Buttermilk Potatoes California Vegetables Cornbread Muffin w/Marg Tropical Fruit Apple Juice 1% Milk</p>
<p>12) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Capri Vegetables Italian Bread w/Marg Cinnamon Applesauce Orange Juice 1% Milk</p>	<p>13) Honey Balsamic Chicken Thigh Mashed Spiced Yams Broccoli Wheat Roll w/Marg Mandarin Oranges Apple Juice 1% Milk</p>	<p>14) Salisbury Steak w/Gravy Scalloped Potatoes Green Beans Wheat Bread w/Marg Diced Peaches Cranberry Juice 1% Milk</p>	<p>15) Scrambled Eggs Turkey Sausage Patty Hashbrown Casserole Stewed Tomatoes Biscuit w/Jelly Packet Tropical Fruit Orange Juice 1% Milk</p>	<p>16) Sliced Turkey w/Gravy Corn Brussels Sprouts Wheat Bread w/Marg Applesauce Cranberry Juice 1% Milk</p>	<p>17) Hamburger Oven Roasted Potatoes Sliced Carrots Wheat Hamburger Bun Mayo &amp; Ketchup Applesauce Orange Juice 1% Milk</p>	<p>18) Pepper Beef Steak Blackeyed Peas Mixed Greens Wheat Roll w/Marg Tropical Fruit Cranberry Juice 1% Milk</p>
<p>19) Offices Closed- Additional Meals were sent out on 2/12 since there is no delivery today.</p> 	<p>20) Turkey Sausage Gumbo Brown Rice Mixed Greens Cornbread Muffin w/Marg Diced Peaches Orange Juice 1% Milk</p>	<p>21) Cheese Omelet w/Cheese Sauce O'Brien Potatoes Okra, Corn, Stewed Tomatoes Biscuit w/Jelly Packet Heavenly Fruit Salad Cookie Orange Juice 1% Milk</p>	<p>22) Meatloaf w/Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Fruit Cocktail Cranberry Juice 1% Milk</p>	<p>23) Baked Chicken Breast Crispy Cubed Potatoes Glazed Baby Carrots Wheat Hamburger Bun Mayo Diced Pears Orange Juice 1% Milk</p>	<p>24) Country Fried Steak w/Country Gravy Lima Beans California Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice 1% Milk</p>	<p>25) Chicken w/Alfredo Sauce Whole Grain Penne Mixed Vegetables Wheat Bread w/Marg Tropical Fruit Grape Juice 1% Milk</p>
<p>26) Teriyaki Meatballs Whole Grain Penne Japanese Vegetables Wheat Roll w/Marg Fruit Cocktail Cranberry Juice 1% Milk</p>	<p>27) Country Captain Chicken Brown Rice Broccoli Wheat Bread w/Marg Diced Pears Apple Juice 1% Milk</p>	<p>28) Hamburger Oven Roast Potatoes Sliced Carrots Wheat Hamburger Bun Applesauce Cranberry Juice 1% Milk</p>				

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1) Vegetarian Chili Brown Rice Garden Vegetables Saltine Crackers Diced Pears Fortified Juice	2) Hawaiian Chicken Scalloped Potatoes French Green Beans Wheat Bread w/Marg Diced Peaches Fortified Juice		
5) Creole Beef Garlic & Red Pepper Penne Italian Vegetables Wheat Bread w/Marg Mandarin Oranges Fortified Juice	6) Fiesta Chicken Black Beans Broccoli Wheat Roll w/Marg Pineapple Tidbits Fortified Juice	7) Cured Turkey Pineapple Sauce Mashed Spiced Yams Mixed Greens Dinner Roll w/Marg Diced Pears Fortified Juice	8) Beef Patty w/Mushroom Gravy Au Gratin Potatoes Stewed Tomatoes Wheat Roll w/Marg Tropical Fruit Fortified Juice	9) Orange Glazed Chicken Fried Rice Japanese Vegetables Wheat Bread w/Marg Pineapple Tidbits Fortified Juice		
12) Baked Chicken w/Gravy Brown Rice Sliced Carrots Wheat Bread w/Marg Fruit Cocktail Fortified Juice	13) Beef Patty 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 Wheat Bread w/Marg Diced Peaches Fortified Juice	16) BBQ Chicken Breast Tater Tots Spinach Wheat Roll w/Marg Fruit Cocktail Fortified Juice		
19) Offices Closed- Additional Meals were sent out on 2/12 since there is no delivery today. 	20) Beef & Bean Burrito Corn Fiesta Vegetables Wheat Bread w/Marg Mandarin Oranges Fortified Juice	21) Creamy Paprika Chicken Wild Rice Sliced Carrots Wheat Bread w/Marg Strawberry Applesauce Fortified Juice	22) Sliced Turkey w/Gravy Cut Yams Green Beans Wheat Bread w/Marg Diced Pears Fortified Juice	23) Swiss Steak w/Gravy Blackeyed Peas Broccoli Wheat Roll 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) Crustless Turkey Pot Pie Corn Harvard Beets Biscuit w/Marg Diced Pears 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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