
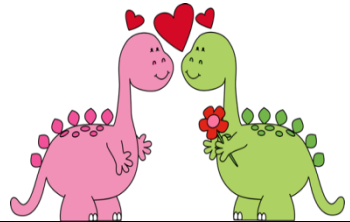








February 2018 HOT MEALS-Home Delivered Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1) Baked Chicken w/Cacciatore Sauce Ziti Pasta Glazed Baby Carrots Wheat Bread w/Marg Fresh Fruit Cranberry Juice & 1% Milk</p>	<p>2) Beef Chili w/Beans Brown Rice Okra, Corn, & Stewed Tomatoes Saltine Crackers Spiced Apples Orange Juice & 1% Milk</p>
<p>5) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Capri Vegetables Italian Bread w/Marg Fresh Fruit Orange Juice 1% Milk</p>	<p>6) Honey Balsamic Chicken Thigh Mashed Spiced Yams Broccoli Wheat Roll w/Marg Mandarin Oranges Apple Juice 1% Milk</p>	<p>7) Pork Roast w/Apricot Mustard Sauce Scalloped Potatoes Green Beans Wheat Bread w/Marg Fresh Fruit Cranberry Juice 1% Milk <i>PFS-Salisbury Steak w/Gravy</i></p>	<p>8) Scrambled Eggs Turkey Sausage Patty Hashbrown Casserole Stewed Tomatoes Biscuit w/Jelly Packet Tropical Fruit Orange Juice 1% Milk</p>	<p>9) Stuffed Salmon w/Dill Sauce Corn Brussels Sprouts Wheat Bread w/Marg Applesauce Cranberry Juice 1% Milk <i>PFS-Turkey w/Gravy</i></p>
<p>12) Pineapple Chicken Black Beans Garden Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice 1% Milk</p>	<p>13) Turkey Sausage Gumbo Brown Rice Mixed Greens Cornbread Muffin w/Marg Fresh Fruit Orange Juice 1% Milk</p>	<p>14) 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>15) Meatloaf w/Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Fresh Fruit Cranberry Juice 1% Milk</p>	<p>16) Krabby Cake Crispy Cubed Potatoes Glazed Baby Carrots Wheat Hamburger Bun Tartar Sauce Diced Pears Orange Juice 1% Milk <i>PFS- Baked Chicken Breast</i></p>
<p>19) Offices Closed- Frozen Meals will be sent on 2/14 for use today.</p> 	<p>20) Country Captain Chicken Brown Rice Broccoli Wheat Bread w/Marg Fresh Fruit Apple Juice 1% Milk</p>	<p>21) Hamburger Sliced Cheese Oven Roasted Potatoes Apple Crisp Carrot Raisin Salad Wheat Hamburger Bun Mayo & Ketchup Cranberry Juice 1% Milk</p>	<p>22) 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>23) 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>26) Glazed Turkey Ham Mashed Spiced Yams Broccoli Wheat Bread w/Marg Diced Peaches Apple Juice 1% Milk</p>	<p>27) BBQ Beef Riblet Baked Beans Collard Greens Wheat Hamburger Bun Fresh Fruit Cranberry Juice 1% Milk</p>	<p>28) Southwest Chicken Thigh Spanish Rice Mexicali Vegetables Wheat Bread w/Marg Mandarin Oranges Grape Juice 1% Milk</p>		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Sliced Turkey & Swiss Cheese Tomato Basil Salad Pineapple Tidbits Kaiser Roll Fortified Juice	2) Chicken Salad Southwest Corn Salad Fresh Fruit Wheat Bread Fortified Juice
5) Chicken Salad Copper Pennies Fruit Cocktail Kaiser Roll Fortified Juice	6) Egg Salad Chickpea Salad Fresh Fruit Wheat Bread Fortified Juice	7) Tuna Salad Ranch House Tomatoes Tropical Fruit Wheat Pita Bread Fortified Juice <i>PFS-Turkey Salad</i>	8) Sliced Roast Beef & Cheese Coleslaw Diced Peaches Wheat Bread Mayo Fortified Juice	9) Spinach Salad w/Chicken Salad Dressing Quinoa Pepper Salad Fresh Fruit Wheat Roll Fortified Juice
12) Egg Salad Mixed Vegetable Salad Pineapple Tidbits Club Roll Fortified Juice	13) Sliced Roast Beef Chickpea Salad Fresh Fruit Wheat Bread Mayo Fortified Juice	14) Seafood Salad Carrot Raisin Salad Strawberry Applesauce Wheat Pita Bread Fortified Juice <i>PFS-Chicken Salad</i>	15) Sliced Turkey & Swiss Cheese Green Beans Salad Diced Pears Rye Bread Mayo Fortified Juice	16) Chicken Caesar Salad w/Dressing Mediterranean Lentil Salad Diced Peaches Wheat Roll Fortified Juice
19) Offices Closed- Frozen Meals will be sent on 2/14 for use today. 	20) Zesty Baja Chicken Salad Three Bean Salad Fresh Fruit Hoagie Bun Fortified Juice	21) Sesame Chicken Salad Cucumber Salad Diced Pears Wheat Roll Fortified Juice	22) Egg Salad Blackeyed Pea Salad Fresh Fruit Kaiser Roll Fortified Juice	23) Sliced Turkey & Swiss Cheese Pepper Slaw Diced Peaches Wheat Bread Mayo Fortified Juice
26) Chicken Salad Ranch House Tomatoes Pineapple Tidbits Rye Bread Fortified Juice	27) Sliced Turkey & Swiss Cheese Mixed Vegetable Salad Tropical Fruit Wheat Bread Mayo Fortified Juice	28) Egg Salad Honey Ginger Carrots Fresh Fruit Club 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

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MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.