

# January 2018 Frozen Meals

# Meals on Wheels of Central Maryland

**OVER** ➡  
**FRIDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>1) Offices Closed- Additional Meals were sent out on 12/27 since there is no delivery today.</p> 	<p>2) Creole Steak Macaroni &amp; Cheese Herbed Green Beans Wheat Roll w/Marg Tropical Fruit Apple Juice 1% Milk</p>	<p>3) Stuffed Shells w/Meat Sauce Kale Cherry Fruit Treat Wheat Bread w/Marg Grape Juice 1% Milk</p>	<p>4) Sliced Turkey w/Gravy Whipped Potatoes Sliced Carrots Cornbread Muffin w/Marg Cinnamon Applesauce Cranberry Juice 1% Milk</p>	<p>5) Swedish Meatballs Whole Grain Penne Pasta Broccoli Wheat Roll w/Marg Mandarin Oranges Apple Juice 1% Milk</p>
<p>8) Beef Patty w/Gravy Mashed Spiced Yams Mixed Vegetables Wheat Bread w/Marg Diced Pears Cranberry Juice 1% Milk</p>	<p>9) Sloppy Joe Mixed Beans Sliced Carrots Wheat Hamburger Bun Diced Peaches Orange Juice 1% Milk</p>	<p>10) Chicken Thigh w/Dijon Herb Sauce Scalloped Potatoes Broccoli Texas Bread w/Marg Pineapple Tidbits Apple Juice 1% Milk</p>	<p>11) Beef Italiano Garlic &amp; Red Pepper Penne Green Peas Wheat Roll w/Marg Tropical Fruit Grape Juice 1% Milk</p>	<p>12) Creamy Tikka Chicken Parslied Rice Cauliflower Naan Bread w/Marg Mandarin Oranges Apple Juice 1% Milk</p>
<p>15) Offices Closed- Additional Meals were sent out on 1/4 since there is no delivery today.</p> 	<p>16) Hawaiian Chicken Cornbread Dressing Spinach Wheat Roll w/Marg Mandarin Oranges Grape Juice 1% Milk</p>	<p>17) Hamburger Sliced Cheese Ranch Beans Mixed Vegetables Wheat Hamburger Bun Ketchup Applesauce Orange Juice 1% Milk</p>	<p>18) Cranberry Dijon Chicken Roasted Diced Potatoes Cabbage Italian Bread w/Marg Pineapple Tidbits Cranberry Juice 1% Milk</p>	<p>19) Teriyaki Meatballs Rice Florentine Parslied Carrots Wheat Bread w/Marg Fruit Cocktail Orange Juice 1% Milk</p>
<p>22) Baked Chicken Breast Sweet &amp; Sour Sauce Fried Rice California Vegetables Wheat Roll w/Marg Mandarin Oranges Cranberry Juice 1% Milk</p>	<p>23) Beef Spaghetti Sauce Whole Grain Penne Pasta Green Beans Breadstick w/Marg Apple Fruit Treat Grape Juice 1% Milk</p>	<p>24) Cheese Omelet w/Picante Sauce O'Brien Potatoes Spinach English Muffin w/Marg Tropical Fruit Grape Juice 1% Milk</p>	<p>25) Swiss Steak Mashed Spiced Yams Harvard Beets Wheat Roll w/Marg Applesauce Cranberry Juice 1% Milk</p>	<p>26) Baked Chicken w/BBQ Sauce Delmonico Potatoes Mixed Greens Cornbread Muffin w/Marg Diced Peaches Orange Juice 1% Milk</p>
<p>29) Pepper Beef Steak Lima Beans Stewed Tomatoes Wheat Roll w/Marg Diced Peaches Grape Juice 1% Milk</p>	<p>30) Chicken Marsala Garlic Rotini Green Beans Wheat Bread w/Marg Tropical Fruit Apple Juice 1% Milk</p>	<p>31) Breaded Chicken Patty Delmonico Potatoes Spiced Carrots Wheat Hamburger Bun Mayo Mandarin Oranges Orange Juice 1% Milk</p>		



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**FRIDAY OVER** ➡

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1) Offices Closed- Additional Meals were sent out on 12/27 since there is no delivery today.</p> 	<p>2) Chicken w/Alfredo Sauce Rotini Pasta Italian Vegetables Wheat Bread w/Marg Diced Peaches Fortified Juice</p>	<p>3) Sliced Turkey w/Raisin Sauce Butter Beans Capri Vegetables Wheat Roll w/Marg Mandarin Oranges Fortified Juice</p>	<p>4) Pizzaiola Beef Scalloped Potatoes Broccoli Dinner Roll w/Marg Sliced Apples Fortified Juice</p>	<p>5) Italian Ranch Chicken Yellow Rice Green Beans Wheat Bread w/Marg Pineapple Tidbits Fortified Juice</p>
<p>8) Garlic Rosemary Chicken Lima Beans Mixed Greens Cornbread Muffin w/Marg Mandarin Oranges Fortified Juice</p>	<p>9) Egg Patty Turkey Sausage Links O'Brien Potatoes Biscuit w/Marg Tropical Fruit Fortified Juice</p>	<p>10) Sliced Roast Beef w/Supreme Sauce Brown Rice Stewed Tomatoes Wheat Bread w/Marg Diced Pears Fortified Juice</p>	<p>11) Lemon Pepper Chicken Macaroni &amp; Cheese Brussels Sprouts Wheat Roll w/Marg Diced Peaches Fortified Juice</p>	<p>12) Beef Patty w/Gravy Corn Ginger Carrots Wheat Bread w/Marg Cinnamon Applesauce Fortified Juice</p>
<p>15) Offices Closed- Additional Meals were sent out on 1/4 since there is no delivery today.</p> 	<p>16) Beef Jardine Buttermilk Potatoes Broccoli Wheat Roll w/Marg Diced Pears Fortified Juice</p>	<p>17) Mozzarella Chicken Rotini Pasta Sliced Carrots Italian Bread w/Marg Diced Peaches Fortified Juice</p>	<p>18) Cheese Omelet Cured Turkey Hashbrown Casserole Wheat Bread w/Marg Tropical Fruit Fortified Juice</p>	<p>19) Chicken Breast w/BBQ Mustard Sauce Macaroni &amp; Cheese Herbed Green Beans Dinner Roll w/Marg Cinnamon Applesauce Fortified Juice</p>
<p>22) Pepper Beef Steak Brown Rice Broccoli Dinner Roll w/Marg Pineapple Tidbits Fortified Juice</p>	<p>23) Turkey Supreme Mashed Spiced Yams Spinach Wheat Roll w/Marg Diced Peaches Fortified Juice</p>	<p>24) Meatloaf w/Tomato Gravy Garlic Whipped Potatoes Green Peas Dinner Roll w/Marg Diced Pears Fortified Juice</p>	<p>25) Breaded Chicken Patty Mixed Beans Glazed Carrots Wheat Hamburger Bun Citrus Fruit Cup Fortified Juice</p>	<p>26) Teriyaki Meatballs Egg Noodles Capri Vegetables Wheat Bread w/Marg Mandarin Oranges Fortified Juice</p>
<p>29) Baked Chicken w/Chicken Gravy Black Eyed Peas Glazed Baby Carrots Cornbread Muffin w/Marg Tropical Fruit Fortified Juice</p>	<p>30) BBQ Beef Rib Patty Chuckwagon Corn Brussels Sprouts Wheat Roll w/Marg Mandarin Oranges Fortified Juice</p>	<p>31) Sliced Turkey w/Cranberry Orange Sauce Whipped Potatoes Harvard Beets Wheat Roll w/Marg Cinnamon Applesauce Fortified Juice</p>		

**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**

