




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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1) Offices Closed- Frozen Meals will be sent on 12/27 for use today.</p> 	<p>2) Sloppy Joe Mixed Beans Hot Glazed Peaches Coleslaw Wheat Hamburger Bun Orange Juice Skim Milk</p>	<p>3) Baked Chicken Thigh w/Dijon Herb Sauce Scalloped Potatoes Broccoli Texas Bread w/Marg Pineapple Tidbits Apple Juice Skim Milk</p>	<p>4) Beef Italiano Garlic & Red Pepper Penne Green Peas Wheat Rollw/Marg Fresh Fruit Grape Juice Skim Milk</p>	<p>5) Creamy Tikka Chicken Parslied Rice Cauliflower Naan Bread Mandarin Oranges Apple Juice Skim Milk</p>
<p>8) Meatloaf w/Tomato Gravy Buttermilk Potatoes Brussels Sprouts Wheat Breadw/Marg Fresh Fruit Apple Juice Skim Milk</p>	<p>9) Hawaiian Chicken Cornbread Dressing Spinach Wheat Rollw/Marg Mandarin Oranges Grape Juice Skim Milk</p>	<p>10) Hamburger Sliced Cheese Ranch Beans Mixed Vegetables Wheat Hamburger Bun Ketchup Applesauce Orange Juice Skim Milk</p>	<p>11) Cranberry Dijon Chicken Roasted Diced Potatoes Cabbage Italian Breadw/Marg Pineapple Tidbits Cranberry Juice Skim Milk</p>	<p>12) Stuffed Salmon w/Lemon Caper Sauce Rice Florentine Parslied Carrots Wheat Bread w/Marg Fluffy Fruit Salad Orange Juice Skim Milk <i>PFS-Baked Chicken</i></p>
<p>15) Offices Closed- Frozen Meals will be sent on 1/10 for use today.</p> 	<p>16) Beef Meat Sauce Whole Grain Penne Pasta Green Beans Breadstick w/Marg Apple Fruit Treat Grape Juice Skim Milk</p>	<p>17) Cheese Omelet w/Picante Sauce O'Brien Potatoes Spinach English Muffin w/Marg Tropical Fruit Grape Juice Skim Milk</p>	<p>18) Pork Roast w/Raisin Sauce Mashed Spiced Yams Harvard Beets Wheat Roll w/Marg Applesauce Cranberry Juice Skim Milk <i>PFS-Swiss Steak w/Gravy</i></p>	<p>19) 10 Grain Pollock Mixed Greens Peach Crisp Potato Salad Cornbread Muffin w/Marg Orange Juice Skim Milk <i>PFS-Chicken w/BBQ Sauce</i></p>
<p>22) Pepper Beef Steak Lima Beans Stewed Tomatoes Wheat Roll w/Marg Fresh Fruit Grape Juice Skim Milk</p>	<p>23) Chicken Marsala Garlic Rotini Green Beans Wheat Bread w/Marg Tropical Fruit Apple Juice Skim Milk</p>	<p>24) Breaded Pollock Delmonico Potatoes Spiced Carrots Wheat Hamburger Bun Mayo Fresh Fruit Orange Juice & Skim Milk <i>PFS-Breaded Chicken Patty</i></p>	<p>25) Sliced Roast Beef w/Gravy Whipped Potatoes Broccoli Cornbread Muffin w/Marg Diced Peaches Cranberry Juice Skim Milk</p>	<p>26) Turkey Primavera Lemon Orzo Chuckwagon Corn Wheat Bread w/Marg Pineapple Tidbits Apple Juice Skim Milk</p>
<p>29) Fiesta Chicken Cilantro Lime Rice Mexicali Vegetables Wheat Bread w/Marg Diced Pears Orange Juice Skim Milk</p>	<p>30) Country Fried Steak w/Country Gravy Garlic Whipped Potatoes Green Peas Wheat Bread w/Marg Tropical Fruit Grape Juice Skim Milk</p>	<p>31) BBQ Pork Rib Patty w/BBQ Sauce Baked Beans Broccoli Wheat Hamburger Bun Mandarin Oranges Apple Juice & Skim Milk <i>PFS-BBQ Beef Rib Patty</i></p>		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1) Offices Closed- Frozen Meals will be sent on 12/27 for use today.</p> 	<p>2) Chicken Salad Patriotic Bean Salad Fresh Fruit Wheat Bread Fortified Juice</p>	<p>3) Roast Beef Chef Salad w/Dressing Copper Pennies Fresh Fruit Wheat Bread Fortified Juice</p>	<p>4) Egg Salad Beet Salad Apricots, Mandarin Oranges, & Pineapple Wheat Hamburger Bun Fortified Juice</p>	<p>5) Seafood Salad Coleslaw Applesauce Rye Bread Fortified Juice</p> <p><i>PFS-Zesty Baja Chicken Salad</i></p>
<p>8) Cured Turkey Carrot Raisin Salad Pineapple Tidbits Wheat Bread Mayo Fortified Juice</p>	<p>9) Egg Salad Tomato Spoon Relish Diced Peaches Rye Bread Fortified Juice</p>	<p>10) Mixed Green Salad w/Chicken Dressing Cucumber Salad Fresh Fruit Crackers Fortified Juice</p>	<p>11) Tuna Mac Salad Green Pea Salad Tropical Fruit Wheat Roll Fortified Juice</p> <p><i>PFS-Egg Salad</i></p>	<p>12) Honey Mustard Chicken Salad Green Bean & Tomato Salad Fresh Fruit Kaiser Roll Fortified Juice</p>
<p>15) Offices Closed- Frozen Meals will be sent on 1/10 for use today.</p> 	<p>16) Krab Mac Salad Ranch House Tomatoes Mandarin Oranges & Pineapple Wheat Roll & Saltine Crackers Fortified Juice</p> <p><i>PFS-Egg Salad</i></p>	<p>17) Turkey Salad Mandarin Beets w/Citrus Dressing Applesauce Kaiser Roll Fortified Juice</p>	<p>18) Chicken Salad Carrot Raisin Salad Pineapple Tidbits Kaiser Roll Fortified Juice</p>	<p>19) Chicken Chef Salad w/Dressing Tex Mex Pasta Salad Fresh Fruit Wheat Roll Fortified Juice</p>
<p>22) Chicken Salad Copper Pennies Diced Peaches Kaiser Roll Fortified Juice</p>	<p>23) Sliced Turkey Patriotic Bean Salad Fresh Fruit Wheat Bread Mayo Fortified Juice</p>	<p>24) Southwest Chicken Salad w/Dressing Broccoli Raisin Salad Fruit Cocktail Saltine Crackers Fortified Juice</p>	<p>25) Tuna Salad Venetian Pasta Salad Fresh Fruit Wheat Bread Fortified Juice</p> <p><i>PFS-Turkey Salad</i></p>	<p>26) Egg Salad Marinated Vegetable Salad Tropical Fruit Rye Bread Fortified Juice</p>
<p>29) Turkey Pasta Salad Green Pea Salad Fresh Fruit Wheat Roll Fortified Juice</p>	<p>30) Tuna Salad Pepper Slaw Fresh Fruit Wheat Pita Bread Fortified Juice</p> <p><i>PFS-Egg Salad</i></p>	<p>31) Oriental Chicken Salad w/Dressing Carrot Raisin Salad Tropical Fruit Saltine Crackers Fortified Juice</p>		 <p>MEALS ON WHEELS OF CENTRAL MARYLAND <i>More than a meal™</i></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**

OVER ➡

MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.