





# January 2019 Frozen Meals

# Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1) Baked Chicken w/Gravy Lima Beans Country Vegetables Wheat Roll w/Marg Tropical Fruit Apple Juice Milk	2) Stuffed Shells w/Meat Sauce Kale Pear Crisp Italian Bread w/Marg Grape Juice Milk	3) Sliced Turkey w/Gravy Whipped Potatoes Sliced Carrots Biscuit w/Marg Pineapple Tidbits Cranberry Juice Milk	4) Swedish Meatballs Buttered Herb Penne Broccoli Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk	5) Baked Chicken w/BBQ Sauce Corn O'Brien Mixed Greens Texas Bread w/Marg Pineapple Tidbits Orange Juice Milk	6) Salisbury Steak w/Gravy Oven Roasted Potatoes Mixed Vegetables Wheat Bread w/Marg Mandarin Oranges Grape Juice Milk
7) Turkey A La King Corn Sliced Carrots Biscuit w/Marg Sliced Pears Cranberry Juice Milk	8) Sloppy Joe Battered Fries Spinach Wheat Hamburger Bun Diced Peaches Grape Juice Milk	9) Chicken Cacciatore Braised Lentils Broccoli Wheat Bread w/Marg Pineapple Tidbits Apple Juice Milk	10) Salisbury Steak w/Gravy Scalloped Potatoes Green Peas Wheat Roll w/Marg Fruit Cocktail Orange Juice Milk	11) Creamy Tikka Chicken Parslied Rice Garlic Parm Cauliflower Naan Bread w/Marg Mandarin Oranges Apple Juice Milk	12) Sliced Turkey w/Gravy Black Eyed Peas Glazed Carrots Dinner Roll w/Marg Mixed Fruit Cranberry Juice Milk	13) Creole Steak O'Brien Hash Browns Green Peas Wheat Bread w/Marg Sliced Peaches Orange Juice Milk
14) Meatloaf w/Gravy Buttermilk Potatoes Brussels Sprouts Wheat Bread w/Marg Pineapple Tidbits Apple Juice Milk	15) Sliced Turkey w/Gravy Macaroni & Cheese Spinach Dinner Roll w/Marg Mandarin Oranges Cranberry Juice Milk	16) Hamburger Baked Beans Sliced Carrots Wheat Hamburger Bun Ketchup Spiced Apples Orange Juice Milk	17) Cranberry Dijon Chicken Rosemary Potatoes Cabbage Wheat Roll w/Marg Pineapple Tidbits Grape Juice Milk	18) Baked Chicken w/Newburg Sauce Confetti Rice Mixed Vegetables Wheat Bread w/Marg Fruit Cocktail Orange Juice Milk	19) Swiss Steak Scalloped Potatoes Mixed Vegetables Wheat Bread w/Marg Applesauce Cranberry Juice Milk	20) Chicken Breast w/Alfredo Sauce Penne Pasta Brussels Sprouts Italian Bread w/Marg Diced Pears Apple Juice Milk
21) Offices Closed- Additional Meals were sent out on 1/14 since there is no delivery today. 	22) Beef Spaghetti Sauce Whole Grain Penne Pasta Green Beans Cherry Crisp Italian Bread w/Marg Orange Juice Milk	23) Baked Chicken Thigh Black Eyed Peas Cabbage Wheat Bread w/Marg Tropical Fruit Apple Juice Milk	24) BBQ Chicken Breast Crispy Cubed Potatoes Harvard Beets Dinner Roll w/Marg Pineapple Tidbits Orange Juice Milk	25) Salisbury Steak w/Gravy Mashed Spiced Yams Green Peas Wheat Roll w/Marg Applesauce Cranberry Juice Milk	26) BBQ Beef Riblet Macaroni & Cheese Mixed Vegetables Wheat Roll w/Marg Applesauce Cranberry Juice Milk	27) Honey Mustard Chicken Garlic Whipped Potatoes Spinach Wheat Roll w/Marg Pineapple Tidbits Cranberry Juice Milk
28) Beef w/Peppers & Onions Lima Beans Stewed Tomatoes Wheat Roll w/Marg Diced Peaches Orange Juice Milk	29) Brunswick Chicken Stew Whipped Potatoes Spinach Saltine Crackers Tropical Fruit Apple Juice Milk	30) Italian Turkey Sausage Crispy Cubed Potatoes Broccoli Wheat Hot Dog Bun Mustard Spiced Apples Grape Juice Milk	31) Sliced Roast Beef w/Gravy Whipped Potatoes Sliced Carrots Dinner Roll w/Marg Mandarin Oranges Apple Juice Milk			

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1) Cured Turkey w/Sweet & Sour Sauce Brown Rice Mixed Vegetables Wheat Bread w/Marg Sliced Peaches Fortified Juice	2) Sliced Turkey w/Raisin Sauce Butter Beans Capri Vegetables Wheat Roll w/Marg Mandarin Oranges Fortified Juice	3) Pizzaiola Beef Corn Broccoli Dinner Roll w/Marg Applesauce Fortified Juice	4) Italian Ranch Chicken Yellow Rice Green Beans Wheat Bread w/Marg Pineapple Tidbits Fortified Juice		
7) Baked Chicken w/ Dijon Herb Sauce Lima Beans Mixed Greens Dinner Roll w/Marg Mandarin Oranges Fortified Juice	8) Sliced Turkey w/Gravy Cheesy Baked Rice Harvard Beets Wheat Bread w/Marg Tropical Fruit Fortified Juice	9) Sliced Roast Beef w/Gravy Brown Rice Stewed Tomatoes Wheat Bread w/Marg Diced Peaches Fortified Juice	10) Lemon Pepper Chicken Macaroni & Cheese Brussels Sprouts Wheat Roll w/Marg Diced Pears Fortified Juice	11) Beef Hot Dog w/Chili Sliced Carrots Wheat Hot Dog Bun Ketchup & Mustard Tropical Fruit Fortified Juice		
14) Turkey Burger Rosemary White Beans Mixed Vegetables Wheat Hamburger Bun Mayo Mixed Fruit Fortified Juice	15) Beef Jardine Buttermilk Potatoes Sliced Carrots Wheat Roll w/Marg Diced Pears Fortified Juice	16) Mozzarella Chicken Garlic Rotini Broccoli Italian Bread w/Marg Diced Peaches Fortified Juice	17) Salisbury Steak w/Gravy Confetti Rice Capri Vegetables Wheat Bread w/Marg Tropical Fruit Fortified Juice	18) Baked Chicken w/BBQ Sauce Macaroni & Cheese Herbed Green Beans Dinner Roll w/Marg Cinnamon Applesauce Fortified Juice		
21) Offices Closed- Additional Meals were sent out on 1/14 since there is no delivery today. 	22) Sliced Turkey w/Cranberry Orange Sauce Scalloped Potatoes Spinach Wheat Roll w/Marg Tropical Fruit Fortified Juice	23) Meatloaf w/Tomato Gravy Garlic Whipped Potatoes Green Peas Dinner Roll w/Marg Diced Pears Fortified Juice	24) Breaded Chicken Patty Mixed Beans Glazed Carrots Wheat Hamburger Bun Mayo Citrus Fruit Cup Fortified Juice	25) Baked Meatballs w/Marinara Sauce Capri Vegetables Mixed Fruit Crisp Wheat Hot Dog Bun Fortified Juice		
28) Baked Chicken w/Gravy Whipped Potatoes Green Beans Cornbread w/Marg Tropical Fruit Fortified Juice	29) BBQ Beef Riblet Chuckwagon Corn Brussels Sprouts Wheat Roll w/Marg Mandarin Oranges Fortified Juice	30) Sliced Turkey w/Gravy Mashed Spiced Yams Garden Vegetables Wheat Roll w/Marg Cinnamon Applesauce Fortified Juice	31) Beef Chili w/Beans Brown Rice Mixed Greens Saltine Crackers 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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