





January 2019 HOT MEALS-Home Delivered *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1) Offices Closed-Frozen Meals were sent on 12/27 for use today.</p> 	<p>2) Chicken Cacciatore Braised Lentils Broccoli Wheat Bread w/Marg Pineapple Tidbits Apple Juice Milk</p>	<p>3) Pork Roast w/Apricot Mustard Sauce Scalloped Potatoes Green Peas Wheat Roll w/Marg Fresh Fruit Orange Juice & Milk <i>PFS-Salisbury Steak w/Gravy</i></p>	<p>4) Creamy Tikka Chicken Parslied Rice Garlic Parmesan Cauliflower Naan Bread w/Marg Mandarin Oranges Apple Juice Milk</p>
<p>7) Meatloaf w/Gravy Buttermilk Potatoes Brussels Sprouts Wheat Bread w/Marg Fresh Fruit Apple Juice Milk</p>	<p>8) Glazed Ham Macaroni & Cheese Spinach Dinner Roll w/Marg Mandarin Oranges Cranberry Juice Milk <i>PFS-Sliced Turkey w/Gravy</i></p>	<p>9) Hamburger Sliced Cheese Baked Beans Apple Raisin Compote Carrot Raisin Salad Wheat Hamburger Bun Ketchup Orange Juice Milk</p>	<p>10) Cranberry Dijon Chicken Rosemary Potatoes Cabbage Wheat Roll w/Marg Pineapple Tidbits Grape Juice Milk</p>	<p>11) Stuffed Salmon w/Newburg Sauce Confetti Rice Mixed Vegetables Wheat Bread w/Marg Fluffy Fruit Salad Orange Juice Milk <i>PFS-Chicken w/Newburg Sauce</i></p>
<p>14) Turkey Meatballs w/Sweet & Sour Sauce Garden Medley Rice California Vegetables Wheat Roll w/Marg Fresh Fruit Cranberry Juice Milk</p>	<p>15) Beef Spaghetti Sauce Whole Grain Penne Pasta Green Beans Cherry Crisp Italian Bread w/Marg Orange Juice Milk</p>	<p>16) Baked Chicken Thigh Black Eyed Peas Cabbage Wheat Bread w/Marg Tropical Fruit Apple Juice Milk</p>	<p>17) 10 Grain Pollock Crispy Cubed Potatoes Harvard Beets Dinner Roll w/Marg Fresh Fruit Orange Juice Milk <i>PFS-BBQ Chicken</i></p>	<p>18) Pork Roast w/Gravy Mashed Spiced Yams Green Peas Wheat Roll w/Marg Applesauce Cranberry Juice & Milk <i>PFS-Salisbury Steak w/Gravy</i></p>
<p>21) Offices Closed-Frozen Meals were send on 1/14 for use today.</p> 	<p>22) Brunswick Chicken Stew Whipped Potatoes Spinach Saltine Crackers w/Marg Tropical Fruit Apple Juice Milk</p>	<p>23) Breaded Pollock Crispy Cubed Potatoes Broccoli Wheat Hamburger Bun Tartar Sauce Grape Juice Milk <i>PFS-Breaded Chicken Patty</i></p>	<p>24) Sliced Roast Beef w/Gravy Whipped Potatoes Sliced Carrots Dinner Rolls w/Marg Mandarin Oranges Apple Juice & Milk</p>	<p>25) Beef Hot Dog w/Chili Blueberry Crisp Coleslaw Wheat Hot Dog Bun Ketchup & Mustard Cranberry Juice & Milk</p>
<p>28) Fiesta Chicken Cilantro Lime Rice Mexicali Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk</p>	<p>29) Potato Crusted Fish Garlic Whipped Potatoes Glazed Carrots Dinner Roll w/Marg Tartar Sauce Tropical Fruit Grape Juice & Milk <i>PFS-Sliced Turkey w/Gravy</i></p>	<p>30) Beef Chili w/Beans Brown Rice Broccoli Saltine Crackers Spiced Apples Orange Juice Milk</p>	<p>31) Creamy Paprika Chicken Buttered Bowtie Pasta Ratatouille Wheat Bread w/Marg Fresh Fruit Cranberry Juice Milk</p>	

January 2019 COLD MEALS-Home Delivered *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1) Offices Closed-Frozen Meals were sent on 12/27 for use today.</p> 	<p>2) Sliced Turkey & Cheese Beet Salad Tropical Fruit Wheat Bread Mustard Fortified Juice</p>	<p>3) Krab Salad Mixed Green Salad w/Dressing Macaroni Salad Fresh Fruit Wheat Roll Fortified Juice PFS-Egg Salad</p>	<p>4) Egg Salad Lemon Dijon Carrot Salad Applesauce Baguette Fortified Juice</p>
<p>7) Sliced Turkey & Cheese Citrus Carrot Salad Pineapple Tidbits Croissant Mayo Fortified Juice</p>	<p>8) Southwest Chicken Salad w/Dressing Three Bean Salad Fresh Fruit German Rye Roll Fortified Juice</p>	<p>9) Sliced Ham & Cheese Tomato Salsa Fluffy Fruit Salad Wheat Bread Mustard Fortified Juice PFS-Sliced Turkey & Cheese</p>	<p>10) Tuna Salad Green Pea Salad Tropical Fruit Wheat Pita Bread Fortified Juice PFS-Egg Salad</p>	<p>11) Chicken Salad Black Eyed Pea Salad Fresh Fruit Wheat Bread Fortified Juice</p>
<p>14) Sliced Roast Beef & Swiss Cheese Mandarin Beets w/Citrus Dressing Applesauce Rye Bread Mayo Fortified Juice</p>	<p>15) Seafood Salad Broccoli Slaw Sliced Peaches Baguette Fortified Juice PFS-Egg Salad</p>	<p>16) Sliced Ham & Cheese Tex Mex Pasta Salad Fresh Fruit Wheat Bread Mustard Wheat Bread Fortified Juice PFS-Sliced Turkey & Cheese</p>	<p>17) Zesty Baja Chicken Salad Carrot Raisin Salad Pineapple Tidbits Croissant Fortified Juice</p>	<p>18) Turkey Chef Salad w/Dressing Chick Pea Salad Fresh Fruit Wheat Roll Fortified Juice</p>
<p>21) Offices Closed-Frozen Meals were sent on 1/14 for use today.</p> 	<p>22) Egg Salad Patriotic Bean Salad Fresh Fruit Baguette Fortified Juice</p>	<p>23) Sliced Corned Beef & Provolone Cheese Potato Salad Fresh Fruit Pumpnickel Bread Mustard & Fortified Juice</p>	<p>24) Tuna Salad Pasta Salad Fresh Fruit Wheat Pita Bread Fortified Juice PFS-Chicken Salad</p>	<p>25) Chicken Pasta Salad Three Bean Salad Tropical Fruit Wheat Roll Fortified Juice</p>
<p>28) Sliced Roast Beef w/Cheese Black Eyed Pea Salad Fresh Fruit Baguette Mayo Fortified Juice</p>	<p>29) Turkey Salad Coleslaw Sliced Peaches Croissant Fortified Juice</p>	<p>30) Sliced Turkey & Cheese Couscous Salad Fresh Fruit Wheat Bread Mustard Fortified Juice</p>	<p>31) Egg Salad Tomato Basil Salad Pineapple Tidbits Wheat Bread Mayo 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 PRIO

OVER →

MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.