




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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1) Baked Chicken w/Country Gravy Mashed Spiced Yams Broccoli Biscuit w/Marg Diced Peaches Apple Juice &amp; Milk</p>
<p>4) Creamy Chicken Tikka Yellow Rice Mixed Vegetables Naan Bread w/Marg Pineapple Tidbits Cranberry Juice Milk</p>	<p>5) Cabbage Roll w/Marinara Sauce Whipped Potatoes Green Beans Wheat Bread w/Marg Fresh Fruit Orange Juice Milk</p>	<p>6) Baked Cod w/Old Bay Cream Sauce Lima Beans Sliced Carrots Biscuit w/Marg Ambrosia Salad Orange Juice Milk <i>PFS-Baked Chicken w/Old Bay Cream Sauce</i></p>	<p>7) Beef Santa Fe Chili Brown Rice Spinach Saltine Crackers Fresh Fruit Cranberry Juice Milk</p>	<p>8) Salmon Burger Crispy Cubed Potatoes Hot Spiced Apples Coleslaw Wheat Hamburger Bun Tartar Sauce Orange Juice Milk <i>PFS-Baked Chicken Breast w/Mayo</i></p>
<p>11) Baked Chicken Breast w/Creamy Pesto Sauce Garlic Parmesan Orzo Ratatouille Wheat Roll w/Marg Tropical Fruit Grape Juice Milk</p>	<p>12) Pork Roast w/Supreme Sauce Roasted Diced Potatoes Green Peas Dinner Roll w/Marg Fresh Fruit Cranberry Juice &amp; Milk <i>PFS-Sliced Turkey w/Supreme Sauce</i></p>	<p>13) BBQ Chicken Thigh Black Eyed Peas Collard Greens Wheat Bread w/Marg Pineapple Tidbits Cranberry Juice Milk</p>	<p>14) Baked Meatballs w/Sweet &amp; Sour Sauce Brown Rice Broccoli Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk</p>	<p>15) Potato Crusted Fish Diced Rosemary Potatoes Glazed Carrots Wheat Bread w/Marg Fresh Fruit Orange Juice Milk <i>PFS-Sliced Turkey w/Gravy</i></p>
<p>18) Corned Beef Roasted Diced Potatoes Cabbage &amp; Carrots Rye Bread w/Marg Fresh Fruit Cookie Cranberry Juice Milk</p>	<p>19) Honey Balsamic Chicken Thigh Mashed Spiced Yams Broccoli Wheat Roll w/Marg Pineapple Tidbits Apple Juice Milk</p>	<p>20) Pork Roast w/Gravy Scalloped Potatoes Green Beans Wheat Bread w/Marg Fresh Fruit Cranberry Juice Milk <i>PFS-Salisbury Steak w/Gravy</i></p>	<p>21) Baked Chicken w/Creole Sauce Lima Beans California Vegetables Wheat Bread w/Marg Tropical Fruit Grape Juice Milk</p>	<p>22) Stuffed Salmon w/Dill Sauce Corn Brussels Sprouts Wheat Bread w/Marg Applesauce Cranberry Juice &amp; Milk <i>PFS-Creole Steak</i></p>
<p>25) Swedish Meatballs Whole Grain Penne Sliced Carrots Wheat Bread w/Marg Cinnamon Applesauce Cranberry Juice Milk</p>	<p>26) Baked Chicken w/Country Captain Sauce Brown Rice Broccoli Wheat Bread w/Marg Fresh Fruit Apple Juice Milk</p>	<p>27) Hamburger Sliced Cheese Crispy Cubed Potatoes Harvard Beets Wheat Hamburger Bun Mayo &amp; Ketchup Diced Pears Cranberry Juice &amp; Milk</p>	<p>28) Pork Roast w/Apricot Mustard Sauce Macaroni &amp; Cheese Green Beans Wheat Bread w/Marg Tropical Fruit Grape Juice &amp; Milk <i>PFS-Chicken w/Supreme Sauce</i></p>	<p>29) 10 Grain Pollock Black Eyed Peas Okra &amp; Stewed Tomatoes Dinner Roll w/Marg Tartar Sauce Fresh Fruit Orange Juice Milk <i>PFS-Swiss Steak w/Gravy</i></p>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1) Egg Salad Macaroni Salad Fresh Fruit Wheat Bread Fortified Juice</b>
<b>4) Krab Salad Coleslaw Tropical Fruit Croissant Fortified Juice</b>  <i>PFS-Egg Salad</i>	<b>5) Sliced Ham &amp; Provolone Cheese Citrus Carrot Salad Cinnamon Applesauce Rye Bread Mustard Fortified Juice</b> <i>PFS-Sliced Turkey &amp; Provolone</i>	<b>6) Egg Salad Potato Salad Fresh Fruit Wheat Bread Fortified Juice</b>	<b>7) Southwest Chicken Salad w/Dressing Mediterranean Lentil Salad Fresh Fruit Wheat Roll Fortified Juice</b>	<b>8) Curry Chicken Salad Green Pea Salad Pineapple Tidbits Wheat Bread Fortified Juice</b>
<b>11) Egg Salad Coleslaw Pineapple Tidbits Wheat Bread Fortified Juice</b>	<b>12) Sliced Roast Beef &amp; Muenster Cheese Couscous Salad Fresh Fruit Wheat Bread Mustard Fortified Juice</b>	<b>13) Tuna Salad Carrot Raisin Salad Tropical Fruit Croissant Fortified Juice</b>  <i>PFS-Egg Salad</i>	<b>14) Chicken Chef Salad w/Dressing Pasta Salad Fresh Fruit Wheat Roll Fortified Juice</b>	<b>15) Sliced Turkey &amp; Cheese Patriotic Bean Salad Fresh Fruit Pumpnickel Bread Mayo Fortified Juice</b>
<b>18) Chicken Salad Citrus Carrot Salad Fruit Cocktail Croissant Fortified Juice</b>	<b>19) Sliced Turkey &amp; Provolone Cheese Chickpea Salad Fresh Fruit Rye Bread Mustard Fortified Juice</b>	<b>20) Tuna Salad Tomato Salsa Tropical Fruit Wheat Pita Bread Fortified Juice</b>  <i>PFS-Turkey Salad</i>	<b>21) Sliced Ham &amp; Cheese Coleslaw Diced Peaches Wheat Bread Mayo Fortified Juice</b> <i>PFS-Sliced Roast Beef &amp; Cheese</i>	<b>22) Chicken Caesar Salad w/Dressing Quinoa Pepper Salad Fresh Fruit Whole Grain Blueberry Muffin Fortified Juice</b>
<b>25) Zesty Baja Chicken Salad Three Bean Salad Fresh Fruit Wheat Pita Bread Fortified Juice</b>	<b>26) Tuna Salad Copper Pennies Pineapple Tidbits Croissant Fortified Juice</b>  <i>PFS-Turkey Salad</i>	<b>27) Greek Chicken Salad w/Dressing Pasta Salad Fresh Fruit Naan Bread Fortified Juice</b>	<b>28) Sliced Roast Beef &amp; Muenster Cheese Black Eyed Pea Salad Fresh Fruit Wheat Bread Mayo Fortified Juice</b>	<b>29) Turkey Salad Coleslaw Diced Peaches Wheat Bread Fortified Juice</b>

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.