

March 2018 Frozen Meals

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1) Baked Chicken w/Gravy Macaroni & Cheese Green beans Wheat Bread w/Marg Tropical Fruit Grape Juice 1% Milk	2) Swiss Steak Black Eyed Peas Okra & Stewed Tomatoes Cornbread Muffin w/Marg Mandarin Oranges Orange Juice 1% Milk	3) Beef Chili w/Beans Corn Mixed Greens Saltine Crackers w/Marg Diced Pears Orange Juice 1% Milk	4) Beef & Bean Burrito Mexican Rice Fiesta Vegetables Wheat Bread w/Marg Fruit Cocktail Orange Juice 1% Milk
5) Honey Baked Chicken Mashed Spiced Yams Broccoli Wheat Bread w/Marg Diced Peaches Apple Juice 1% Milk	6) BBQ Beef Riblet Baked Beans Collard Greens Wheat Hamburger Bun Pineapple Tidbits Cranberry Juice 1% Milk	7) Southwest Chicken Thigh Spanish Rice Mexicali Vegetables Wheat Bread w/Marg Mandarin Oranges Grape Juice 1% Milk	8) Sliced Roast Beef w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Diced Pears Orange Juice 1% Milk	9) Cheese Lasagna Roll Up w/Marinara Sauce Corn Spinach Italian Bread w/Marg Tropical Fruit Apple Juice 1% Milk	10) Baked Meatballs w/Sweet & Sour Sauce Brown Rice Sliced Carrots Wheat Bread w/Marg Mandarin Oranges Apple Juice 1% Milk	11) Breaded Chicken Patty Tater Tots Broccoli Wheat Hamburger Bun w/Mayo Fruit Cocktail Cranberry Juice 1% Milk
12) Beef Hot Dog Baked Beans Mixed Greens Wheat Hot Dog Bun Ketchup & Mustard Tropical Fruit Orange Juice 1% Milk	13) Cheese Omelet w/Picante Sauce O'Brien Potatoes Spinach English Muffin w/Jelly Pkt Diced Peaches Grape Juice 1% Milk	14) Bruschetta Beef Au Gratin Rotini Green Beans Wheat Bread w/Marg Mandarin Oranges Orange Juice 1% Milk	15) Creamy Chicken Tikka Oven Roasted Potatoes Mixed Vegetables Naan Bread w/Marg Pineapple Tidbits Cranberry Juice 1% Milk	16) Veggie Burger Potato Wedges Green Peas Wheat Hamburger Bun Ketchup Spiced Apples Orange Juice 1% Milk	17) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Capri Vegetables Italian Bread w/Marg Fruit Cocktail Orange Juice 1% Milk	18) Salisbury Steak w/Gravy Scalloped Potatoes Green Beans Wheat Bread w/Marg Diced Peaches Cranberry Juice 1% Milk
19) Pesto Chicken Garlic Parmesan Orzo Ratatouille Wheat Roll w/Marg Diced Pears Orange Juice 1% Milk	20) Salisbury Steak w/Gravy Lima Beans California Vegetables Wheat Bread w/Marg Tropical Fruit Cranberry Juice 1% Milk	21) Baked Meatballs w/Sweet & Sour Sauce Brown Rice Sliced Carrots Wheat Bread w/Marg Mandarin Oranges Apple Juice 1% Milk	22) Beef Hot Dog Black Eyed Peas Collard Greens Wheat Hot Dog Bun Mustard Pineapple Tidbits Cranberry Juice 1% Milk	23) Corned Beef Red Potatoes Cabbage & Carrots Rye Bread w/Marg Fruit Cocktail Cookie Cranberry Juice 1% Milk	24) Beef Fiesta Mac Corn Broccoli Wheat Roll w/Marg Pineapple Tidbits Orange Juice 1% Milk	25) Turkey A La King Egg Noodles Green Peas Biscuit w/Marg Pineapple Tidbits Orange Juice 1% Milk
26) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Capri Vegetables Italian Bread w/Marg Cinnamon Applesauce Orange Juice 1% Milk	27) Honey Balsamic Chicken Thigh Mashed Spiced Yams Broccoli Wheat Roll w/Marg Mandarin Oranges Apple Juice 1% Milk	28) Salisbury Steak w/Gravy Scalloped Potatoes Green Beans Wheat Bread w/Marg Diced Peaches Cranberry Juice 1% Milk	29) Baked Chicken w/Creole Sauce Lima Beans Sliced Carrots Wheat Bread w/Marg Tropical Fruit Grape Juice 1% Milk	30) Sliced Turkey w/Gravy Corn Brussels Sprouts Wheat Bread w/Marg Applesauce Cranberry Juice 1% Milk	31) Hamburger Oven Roasted Potatoes Sliced Carrots Wheat Hamburger Bun Mayo & Ketchup Applesauce Orange Juice 1% Milk	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1) Pepper Beef Steak Black Eyed Peas Mixed Greens Wheat Roll w/Marg Tropical Fruit Fortified Juice	2) Sliced Turkey w/Cranberry Orange Sauce Buttermilk Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Peaches Fortified Juice		
5) Cheese Omelet w/Cheese Sauce Hash Brown Casserole Stewed Tomatoes Biscuit w/Jelly Pkt Pineapple Tidbits Fortified Juice	6) Swedish Turkey Meatballs Whole Grain Penne Mixed Vegetables Wheat Bread w/Marg Tropical Fruit Fortified Juice	7) Creole Steak Scalloped Potatoes Glazed Carrots Wheat Bread w/Marg Mandarin Oranges Fortified Juice	8) Apple Glazed Chicken Confetti Rice Broccoli Wheat Roll w/Marg Diced Peaches Fortified Juice	9) Country Fried Steak w/Country Gravy Lima Beans California Vegetables Wheat Bread w/Marg Mandarin Oranges Fortified Juice		
12) Honey Baked Chicken Mashed Spiced Yams Broccoli Wheat Bread w/Marg Diced Peaches Fortified Juice	13) Sweet & Sour Meatballs Garden Medley Rice Japanese Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice	14) Sliced Turkey w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Fruit Cocktail Fortified Juice	15) Beef Chili w/Beans Corn Mixed Greens Saltine Crackers w/Marg Diced Pears Fortified Juice	16) Bourbon Chicken Baked Beans Garden Vegetables Wheat Roll w/Marg Fortified Juice		
19) Egg Patty Turkey Sausage Link O'Brien Potatoes Stewed Tomatoes Biscuit w/Jelly Pkt Mandarin Orange Fortified Juice	20) Breaded Chicken Patty Tater Tots Broccoli Wheat Hamburger Bun Mayo & Ketchup Fruit Cocktail Fortified Juice	21) Turkey Tetrizzini Corn Green Peas Wheat Roll w/Marg Tropical Fruit Fortified Juice	22) Honey Mustard Chicken Braised Lentils Mixed Vegetables Wheat Bread w/Marg Applesauce Fortified Juice	23) Baked Chicken w/Cacciatore Sauce Garlic & Red Pepper Penne Baby Carrots Wheat Bread w/Marg Mandarin Oranges Fortified Juice		
26) Baked Chicken w/Gravy Brown Rice Sliced Carrots Wheat Bread w/Marg Fruit Cocktail Fortified Juice	27) Beef Patty w/Mushroom Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Pears Fortified Juice	28) Sliced Turkey w/Gravy Lima Beans Country Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice	29) Roast Beef w/Gravy Cut Yams Green Peas Wheat Bread w/Marg Diced Peaches Fortified Juice	30) BBQ Chicken Breast Tater Tots Spinach Wheat Roll w/Marg Fruit Cocktail 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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