

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 <p>MEALS on WHEELS OF CENTRAL MARYLAND <i>More than a meal™</i></p>	 <p>In like a lion Out like a lamb</p>		<p>1) Sliced Roast Beef w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Fresh Fruit Orange Juice & 1% Milk</p>	<p>2) Cheese Lasagna Roll Up w/Marinara Sauce Corn Spinach Italian Bread w/Marg Tropical Fruit Apple Juice & 1% Milk</p>
<p>5) Beef Hot Dog Baked Beans Mixed Greens Wheat Hot Dog Bun Ketchup & Mustard Tropical Fruit Orange Juice 1% Milk</p>	<p>6) Cheese Omelet w/Picante Sauce O'Brien Potatoes Spinach English Muffin w/Jelly Pkt Diced Peaches Grape Juice 1% Milk</p>	<p>7) Bruschetta Beef Au Gratin Potatoes Green Beans Wheat Bread w/Marg Fresh Fruit Orange Juice 1% Milk</p>	<p>8) Creamy Chicken Tikka Oven Roasted Potatoes Mixed Vegetables Naan Bread Pineapple Tidbits Cranberry Juice 1% Milk</p>	<p>9) Veggie Burger Potato Wedges Hot Spiced Apples Coleslaw Wheat Hamburger Bun Orange Juice 1% Milk</p>
<p>12) Pesto Chicken Garlic Parmesan Orzo Ratatouille Wheat Roll w/Marg Fresh Fruit Orange Juice 1% Milk</p>	<p>13) Salisbury Steak w/Gravy Lima beans California Vegetables Wheat Bread w/Marg Tropical Fruit Cranberry Juice 1% Milk</p>	<p>14) Baked Meatballs w/Sweet & Sour Sauce Brown Rice Sliced Carrots Wheat Bread w/Marg Mandarin Oranges Apple Juice 1% Milk</p>	<p>15) Smoked Sausage Black Eyed Peas Collard Greens Wheat Hot Dog Bun Mustard Pineapple Tidbits Cranberry Juice 1% Milk</p>	<p>16) Corned Beef Red Potatoes Cabbage & Carrots Rye Bread w/Marg Fresh Fruit Cookie Cranberry Juice 1% Milk</p>
<p>19) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Capri Vegetables Italian Bread w/Marg Fresh Fruit Orange Juice 1% Milk</p>	<p>20) Honey Balsamic Chicken Thigh Mashed Spiced Yams Broccoli Wheat Roll w/Marg Mandarin Oranges Apple Juice 1% Milk</p>	<p>21) Pork Roast w/Apricot Mustard Sauce Scalloped Potatoes Green Beans Wheat Bread w/Marg Fresh Fruit Cranberry Juice 1% Milk <i>PFS-Salisbury Steak w/Gravy</i></p>	<p>22) Baked Chicken w/Creole Sauce Lima Beans Sliced Carrots Wheat Bread w/Marg Tropical Fruit Grape Juice 1% Milk</p>	<p>23) Stuffed Salmon w/Dill Sauce Corn Brussels Sprouts Wheat Bread w/Marg Applesauce Cranberry Juice 1% Milk <i>PFS-Turkey w/Gravy</i></p>
<p>26) Pineapple Chicken Black Beans Garden Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice 1% Milk</p>	<p>27) Beef Cabbage Casserole Mixed Vegetables Wheat Roll w/Marg Diced Peaches Cranberry Juice 1% Milk</p>	<p>28) Turkey A La King Egg Noodles Green Peas Biscuit w/Marg Pineapple Tidbits Orange Juice 1% Milk</p>	<p>29) Beef Hot Dog w/Chili Tater Tots Mixed Vegetables Wheat Hot Dog Bun Fresh Fruit Brownie Cranberry Juice 1% Milk</p>	<p>30) Krabby Cake Crispy Cubed Potatoes Glazed Baby Carrots Wheat Hamburger Bun Tartar Sauce Diced Pears Orange Juice 1% Milk <i>PFS- Baked Chicken Breast</i></p>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1) Turkey Chef Salad w/Dressing Pasta Salad Diced Peaches Wheat Roll Fortified Juice</p>	<p>2) Tuna Salad White Bean Salad w/Olives Fresh Fruit Wheat Pita Bread Fortified Juice</p> <p><i>PFS-Turkey Salad</i></p>
<p>5) Curry Chicken Salad Ranch House Tomatoes Diced Peaches Kaiser Roll Fortified Juice</p>	<p>6) Krab Salad Spring Mix Salad w/Dressing Tropical Fruit Club Roll Fortified Juice</p> <p><i>PFS-Egg Salad</i></p>	<p>7) Turkey Salad Copper Pennies Fruit Cocktail Wheat Bread Fortified Juice</p>	<p>8) Sliced Roast Beef & Swiss Cheese Potato Salad Fresh Fruit Wheat Hamburger Bun Mayo Fortified Juice</p>	<p>9) Southwest Chicken Salad w/Dressing Mediterranean Lentil Salad Fresh Fruit Wheat Roll Fortified Juice</p>
<p>12) Tuna Salad Coleslaw Mandarin Oranges Wheat Pita Bread Fortified Juice</p> <p><i>PFS-Egg Salad</i></p>	<p>13) Turkey Salad Tex Mex Pasta Salad Fresh Fruit Club Roll Fortified Juice</p>	<p>14) Asian Pork Salad w/Dressing Confetti Corn Salad Tropical Fruit Wheat Roll Fortified Juice</p> <p><i>PFS-Asian Chicken Salad</i></p>	<p>15) Chicken Salad Patriotic Bean Salad Fresh Fruit Wheat Bread Fortified Juice</p>	<p>16) Egg Salad Carrot Raisin Salad Fruit Cocktail Wheat Bread Fortified Juice</p>
<p>19) Chicken Salad Copper Pennies Fruit Cocktail Kaiser Roll Fortified Juice</p>	<p>20) Egg Salad Chickpea Salad Fresh Fruit Wheat Bread Fortified Juice</p>	<p>21) Tuna Salad Ranch House Tomatoes Tropical Fruit Wheat Pita Bread Fortified Juice</p> <p><i>PFS-Turkey Salad</i></p>	<p>22) Sliced Roast Beef & Cheese Coleslaw Diced Peaches Wheat Bread Mayo Fortified Juice</p>	<p>23) Spinach Salad w/Chicken Salad Dressing Quinoa Pepper Salad Fresh Fruit Wheat Roll Fortified Juice</p>
<p>26) Egg Salad Mixed Vegetable Salad Pineapple Tidbits Club Roll Fortified Juice</p>	<p>27) Sliced Turkey & Swiss Cheese Chickpea Salad Fresh Fruit Wheat Bread Mayo Fortified Juice</p>	<p>28) Seafood Salad Carrot Raisin Salad Strawberry Applesauce Wheat Pita Bread Fortified Juice</p> <p><i>PFS-Chicken Salad</i></p>	<p>29) Sliced Roast Beef Green Beans Salad Diced Pears Rye Bread Mayo Fortified Juice</p>	<p>30) Chicken Caesar Salad w/Dressing Mediterranean Lentil Salad Diced Peaches Wheat Roll 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 PRIOR

OVER →

MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.