

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

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

 <p><b>MEALS</b> 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 &amp; 1% Milk</p>	<p>2) Cheese Lasagna Roll Up w/Marinara Sauce Corn Spinach Italian Bread w/Marg Tropical Fruit Apple Juice &amp; 1% Milk</p>
<p>5) Beef Hot Dog Baked Beans Mixed Greens Wheat Hot Dog Bun Ketchup &amp; 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 &amp; 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 &amp; 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 &amp; 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 &amp; 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 &amp; 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.  
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**OVER →**

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**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	

**February 2018 Frozen Meals**

*Meals on Wheels of Central Maryland*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**OVER →**



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

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## March 2018 KOSHER HOT MEALS *Meals on Wheels of Central Maryland*

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

			<p>1) Potato Chowder Soup Baked Manicotti Sugar Snap Peas Baked Peaches Bread Sticks w/ Margarine Cranberry Juice</p>	<p>2) Matzo Ball Soup Roast Beef w/ Gravy Baked Potatoes Fresh Squash Blend Fresh Fruit Potato Bread w/ Margarine Prune Juice</p>
<p>5) Five Bean Soup Salisbury Steak Pasta Marinara Slice Carrots Fresh Fruit Potato Bread w/ Margarine Orange Juice</p>	<p>6) Chicken Noodle Soup Smothered Chicken Breast Fluffy Rice Broccoli Fresh Fruit Dinner Roll w/ Margarine Tomato Juice</p>	<p>7) Beef Vegetable Soup Beef Stew Fresh Sweet Potatoes Summer Squash Fresh Fruit Dinner Roll w/ Margarine Prune Juice</p>	<p>8) Lentil Soup Baked Fish Confetti Orzo Green Beans Fresh Fruit Dinner Roll W/ Margarine Orange Juice</p>	<p>9) Matzo Ball Soup Baked Chicken Potato Latkes Sautéed Spinach Fresh Fruit Potato Bread w/ Margarine Apple Juice</p>
<p>12) Beef Vegetable Soup Baked Salmon Wild Rice Glazed Carrots Fresh Fruit Potato Bread w/ Margarine Orange Juice</p>	<p>13) Bean Soup Smothered Chicken Breast Mashed Red Potatoes Summer Squash Fresh Fruit Wheat Bread w/ Margarine Tomato Juice</p>	<p>14) Chicken Noodle Soup Hot Dog on Roll Baked Beans Sauerkraut Fresh Fruit Margarine Prune Juice</p>	<p>15) Vegetable Soup Meatballs w/ Marinara Buttered Pasta Green Beans Baked Apples Wheat Bread w/ Margarine Orange Juice</p>	<p>16) Matzo Ball Soup Baked Honey Chicken Potato Latkes Vegetable Blend Fresh Fruit Potato Bread w/ Margarine Apple Juice</p>
<p>19) Navy Bean Soup Sliced Turkey Whipped Potatoes Green Beans Fresh Fruit Wheat Bread w/ Margarine Orange Juice</p>	<p>20) Vegetable Soup Baked Fish Herbed Orzo Broccoli Fresh Fruit Dinner Roll w/ Margarine Prune Juice</p>	<p>21) Split Pea Soup Meat Loaf w/Gravy Mashed Potatoes Ginger Snap Peas Fresh Fruit Wheat Bread w/Margarine Apple Juice</p>	<p>22) French Onion Soup Baked Manicotti Spinach Fresh Orange Dinner Roll w/ Margarine Orange Juice</p>	<p>23) Matzo Ball Soup Roast Beef w/ Gravy Tzimmes Green Beans Fresh Fruit Potato Bread w/ Margarine Prune Juice</p>
<p>26) Lentil Soup Beef Stew Zucchini Baked Apples Dinner Roll w/ Margarine Apple Juice</p>	<p>27) Vegetable Soup Baked Chicken Baked Sweet Potato Sliced Carrots Fresh Fruit Whole Grain Bread w/ Margarine Cranberry Juice</p>	<p>28) Navy Bean Soup Meatloaf w/ Gravy Mashed Potato Green Beans Wheat Bread w/ Margarine Apple Juice</p>	<p>29) Potato Chowder Baked Manicotti Sugar Snap Peas Baked Peaches Bread Stick w/ Margarine Cranberry Juice</p>	<p>30) Matzo Ball Soup Roast Beef w/ Gravy Baked Potatoes Fresh Squash Blend Fresh Fruit Potato Bread w/ Margarine Prune Juice</p>



# March 2018 KOSHER COLD MEALS Meals on Wheels of Central Maryland

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1) Tuna Salad Tossed Salad w/ Dressing Apricots Wheat Bread w/ Margarine 1% Milk Orange juice</p>	<p>2) Creamed Herring Cole Slaw Rotini Pasta salad Mandarin Oranges Pumpnickel Bread w/ Marg 1% Milk V-8 Juice</p>
<p>5) Munster Cheese Marinated Vegetables Salad Sliced Pears Wheat Bread w/ Margarine 1% Milk Cranberry Juice</p>	<p>6) Tuna Salad Tossed Salad w/ Dressing Chilled Apricots Whole Grain Bread w/ Margarine 1% Milk Apple Juice</p>	<p>7) Sliced Roast Beef Cole Slaw Mandarin Oranges Kaiser Roll w/ Margarine V-8 Juice</p>	<p>8) Egg Salad Tossed Salad w/ Dressing Applesauce Marble Rye w/ Margarine 1% Milk Cranberry Juice</p>	<p>9) Pickled Herring Pickled Beets Mexican Bean Salad Chilled Pineapples Dinner Rolls w/ Margarine 1% Milk Prune Juice</p>
<p>12) Munster Cheese Marinated Vegetables Sliced Pears Wheat Bread w/ Margarine 1% Milk Cranberry Juice</p>	<p>13) Egg Salad Tossed Salad w/ Dressing Tropical Fruit Salad Whole Grain Bread w/ Margarine 1% Milk Apple Juice</p>	<p>14) Sliced Turkey Carrot Raisin Salad Mandarin Oranges Wheat Bread w/ Margarine V-8 Juice</p>	<p>15) Tuna Salad Tossed Salad w/ Dressing Chilled Pears Marble Rye Bread w/Margarine 1% Milk Cranberry Juice</p>	<p>16) Whitefish Salad Pickled Beets Three Bean Salad Chilled Pineapple Dinner Roll w/ Margarine 1% Milk Prune Juice</p>
<p>19) Egg Salad Tossed Salad w/ Dressing Pears Rye Bread w/ Margarine 1% Milk Apple Juice</p>	<p>20) American Cheese Cole Slaw Tropical Fruit Salad Pumpnickel Bread w/ Margarine 1% Milk Cranberry Juice</p>	<p>21) Sliced Turkey Marinated Vegetables Three Bean Salad Mandarin Oranges Wheat Bread w/ Margarine V-8 Juice</p>	<p>22) Tuna Salad Pickled Beets Fruit Cup Multi Grain Bread w/ Margarine 1% Milk Cranberry Juice</p>	<p>23) Gefilte Fish Carrot Raisin Salad Pasta Salad Sliced Peaches Dinner Rolls w/ Margarine V-8 Juice</p>
<p>26) ) Swiss Cheese Marinated Vegetable Salad Macaroni Salad Fruit Cocktail Rye Bread w/ Margarine 1% Milk Orange Juice</p>	<p>27) Egg Salad Tossed Salad w/ Dressing Chilled Pineapples Wheat Bread w/ Margarine 1% Milk V-8 Juice</p>	<p>28) Sliced Turkey 3 Bean Salad Potato Salad Sliced Pears Potato Bread w/ Margarine Mustard Prune Juice</p>	<p>29) Tuna Salad Tossed Salad w/ Dressing Apricots Wheat Bread w/ Margarine 1% Milk Orange juice</p>	<p>30) Creamed Herring Cole Slaw Rotini Pasta salad Mandarin Oranges Pumpnickel Bread w/ Marg 1% Milk V-8 Juice</p>

## 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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## March 2018 Frozen Meals

## *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<p>1) Pepper Beef Steak Black Eyed Peas Mixed Greens Wheat Roll w/Marg Tropical Fruit Fortified Juice</p>	<p>2) Sliced Turkey w/Cranberry Orange Sauce Buttermilk Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Peaches Fortified Juice</p>		
<p>5) Cheese Omelet w/Cheese Sauce Hash Brown Casserole Stewed Tomatoes Biscuit w/Jelly Pkt Pineapple Tidbits Fortified Juice</p>	<p>6) Swedish Turkey Meatballs Whole Grain Penne Mixed Vegetables Wheat Bread w/Marg Tropical Fruit Fortified Juice</p>	<p>7) Creole Steak Scalloped Potatoes Glazed Carrots Wheat Bread w/Marg Mandarin Oranges Fortified Juice</p>	<p>8) Apple Glazed Chicken Confetti Rice Broccoli Wheat Roll w/Marg Diced Peaches Fortified Juice</p>	<p>9) Country Fried Steak w/Country Gravy Lima Beans California Vegetables Wheat Bread w/Marg Mandarin Oranges Fortified Juice</p>		
<p>12) Honey Baked Chicken Mashed Spiced Yams Broccoli Wheat Bread w/Marg Diced Peaches Fortified Juice</p>	<p>13) Sweet &amp; Sour Meatballs Garden Medley Rice Japanese Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice</p>	<p>14) Sliced Turkey w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Fruit Cocktail Fortified Juice</p>	<p>15) Beef Chili w/Beans Corn Mixed Greens Saltine Crackers w/Marg Diced Pears Fortified Juice</p>	<p>16) Bourbon Chicken Baked Beans Garden Vegetables Wheat Roll w/Marg Fortified Juice</p>		
<p>19) Egg Patty Turkey Sausage Link O'Brien Potatoes Stewed Tomatoes Biscuit w/Jelly Pkt Mandarin Orange Fortified Juice</p>	<p>20) Breaded Chicken Patty Tater Tots Broccoli Wheat Hamburger Bun Mayo &amp; Ketchup Fruit Cocktail Fortified Juice</p>	<p>21) Turkey Tetrizzini Corn Green Peas Wheat Roll w/Marg Tropical Fruit Fortified Juice</p>	<p>22) Honey Mustard Chicken Braised Lentils Mixed Vegetables Wheat Bread w/Marg Applesauce Fortified Juice</p>	<p>23) Baked Chicken w/Cacciatore Sauce Garlic &amp; Red Pepper Penne Baby Carrots Wheat Bread w/Marg Mandarin Oranges Fortified Juice</p>		
<p>26) Baked Chicken w/Gravy Brown Rice Sliced Carrots Wheat Bread w/Marg Fruit Cocktail Fortified Juice</p>	<p>27) Beef Patty w/Mushroom Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Pears Fortified Juice</p>	<p>28) Sliced Turkey w/Gravy Lima Beans Country Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice</p>	<p>29) Roast Beef w/Gravy Cut Yams Green Peas Wheat Bread w/Marg Diced Peaches Fortified Juice</p>	<p>30) BBQ Chicken Breast Tater Tots Spinach Wheat Roll w/Marg Fruit Cocktail 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**  
 MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE

**OVER →**



## March 2018 KOSHER HOT MEALS *Meals on Wheels of Central Maryland*

**MONDAY**

**TUESDAY**

**WEDNESDAY**


**THURSDAY**

**FRIDAY**

			<p>1) Potato Chowder Soup Baked Manicotti Sugar Snap Peas Baked Peaches Bread Sticks w/ Margarine Cranberry Juice</p>	<p>2) Matzo Ball Soup Roast Beef w/ Gravy Baked Potatoes Fresh Squash Blend Fresh Fruit Potato Bread w/ Margarine Prune Juice</p>
<p>5) Five Bean Soup Salisbury Steak Pasta Marinara Slice Carrots Fresh Fruit Potato Bread w/ Margarine Orange Juice</p>	<p>6) Chicken Noodle Soup Smothered Chicken Breast Fluffy Rice Broccoli Fresh Fruit Dinner Roll w/ Margarine Tomato Juice</p>	<p>7) Beef Vegetable Soup Beef Stew Fresh Sweet Potatoes Summer Squash Fresh Fruit Dinner Roll w/ Margarine Prune Juice</p>	<p>8) Lentil Soup Baked Fish Confetti Orzo Green Beans Fresh Fruit Dinner Roll W/ Margarine Orange Juice</p>	<p>9) Matzo Ball Soup Baked Chicken Potato Latkes Sautéed Spinach Fresh Fruit Potato Bread w/ Margarine Apple Juice</p>
<p>12) Beef Vegetable Soup Baked Salmon Wild Rice Glazed Carrots Fresh Fruit Potato Bread w/ Margarine Orange Juice</p>	<p>13) Bean Soup Smothered Chicken Breast Mashed Red Potatoes Summer Squash Fresh Fruit Wheat Bread w/ Margarine Tomato Juice</p>	<p>14) Chicken Noodle Soup Hot Dog on Roll Baked Beans Sauerkraut Fresh Fruit Margarine Prune Juice</p>	<p>15) Vegetable Soup Meatballs w/ Marinara Buttered Pasta Green Beans Baked Apples Wheat Bread w/ Margarine Orange Juice</p>	<p>16) Matzo Ball Soup Baked Honey Chicken Potato Latkes Vegetable Blend Fresh Fruit Potato Bread w/ Margarine Apple Juice</p>
<p>19) Navy Bean Soup Sliced Turkey Whipped Potatoes Green Beans Fresh Fruit Wheat Bread w/ Margarine Orange Juice</p>	<p>20) Vegetable Soup Baked Fish Herbed Orzo Broccoli Fresh Fruit Dinner Roll w/ Margarine Prune Juice</p>	<p>21) Split Pea Soup Meat Loaf w/Gravy Mashed Potatoes Ginger Snap Peas Fresh Fruit Wheat Bread w/Margarine Apple Juice</p>	<p>22) French Onion Soup Baked Manicotti Spinach Fresh Orange Dinner Roll w/ Margarine Orange Juice</p>	<p>23) Matzo Ball Soup Roast Beef w/ Gravy Tzimmes Green Beans Fresh Fruit Potato Bread w/ Margarine Prune Juice</p>
<p>26) Lentil Soup Beef Stew Zucchini Baked Apples Dinner Roll w/ Margarine Apple Juice</p>	<p>27) Vegetable Soup Baked Chicken Baked Sweet Potato Sliced Carrots Fresh Fruit Whole Grain Bread w/ Margarine Cranberry Juice</p>	<p>28) Navy Bean Soup Meatloaf w/ Gravy Mashed Potato Green Beans Wheat Bread w/ Margarine Apple Juice</p>	<p>29) Potato Chowder Baked Manicotti Sugar Snap Peas Baked Peaches Bread Stick w/ Margarine Cranberry Juice</p>	<p>30) Matzo Ball Soup Roast Beef w/ Gravy Baked Potatoes Fresh Squash Blend Fresh Fruit Potato Bread w/ Margarine Prune Juice</p>

# March 2018 KOSHER COLD MEALS Meals on Wheels of Central Maryland

**OVER →**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Tuna Salad Tossed Salad w/ Dressing Apricots Wheat Bread w/ Margarine 1% Milk Orange juice	2) Creamed Herring Cole Slaw Rotini Pasta salad Mandarin Oranges Pumpnickel Bread w/ Marg 1% Milk V-8 Juice
5) Munster Cheese Marinated Vegetables Salad Sliced Pears Wheat Bread w/ Margarine 1% Milk Cranberry Juice	6) Tuna Salad Tossed Salad w/ Dressing Chilled Apricots Whole Grain Bread w/ Margarine 1% Milk Apple Juice	7) Sliced Roast Beef Cole Slaw Mandarin Oranges Kaiser Roll w/ Margarine V-8 Juice	8) Egg Salad Tossed Salad w/ Dressing Applesauce Marble Rye w/ Margarine 1% Milk Cranberry Juice	9) Pickled Herring Pickled Beets Mexican Bean Salad Chilled Pineapples Dinner Rolls w/ Margarine 1% Milk Prune Juice
12) Munster Cheese Marinated Vegetables Sliced Pears Wheat Bread w/ Margarine 1% Milk Cranberry Juice	13) Egg Salad Tossed Salad w/ Dressing Tropical Fruit Salad Whole Grain Bread w/ Margarine 1% Milk Apple Juice	14) Sliced Turkey Carrot Raisin Salad Mandarin Oranges Wheat Bread w/ Margarine V-8 Juice	15) Tuna Salad Tossed Salad w/ Dressing Chilled Pears Marble Rye Bread w/Margarine 1% Milk Cranberry Juice	16) Whitefish Salad Pickled Beets Three Bean Salad Chilled Pineapple Dinner Roll w/ Margarine 1% Milk Prune Juice
19) Egg Salad Tossed Salad w/ Dressing Pears Rye Bread w/ Margarine 1% Milk Apple Juice	20) American Cheese Cole Slaw Tropical Fruit Salad Pumpnickel Bread w/ Margarine 1% Milk Cranberry Juice	21) Sliced Turkey Marinated Vegetables Three Bean Salad Mandarin Oranges Wheat Bread w/ Margarine V-8 Juice	22) Tuna Salad Pickled Beets Fruit Cup Multi Grain Bread w/ Margarine 1% Milk Cranberry Juice	23) Gefilte Fish Carrot Raisin Salad Pasta Salad Sliced Peaches Dinner Rolls w/ Margarine V-8 Juice
26) ) Swiss Cheese Marinated Vegetable Salad Macaroni Salad Fruit Cocktail Rye Bread w/ Margarine 1% Milk Orange Juice	27) Egg Salad Tossed Salad w/ Dressing Chilled Pineapples Wheat Bread w/ Margarine 1% Milk V-8 Juice	28) Sliced Turkey 3 Bean Salad Potato Salad Sliced Pears Potato Bread w/ Margarine Mustard Prune Juice	29) Tuna Salad Tossed Salad w/ Dressing Apricots Wheat Bread w/ Margarine 1% Milk Orange juice	30) Creamed Herring Cole Slaw Rotini Pasta salad Mandarin Oranges Pumpnickel Bread w/ Marg 1% Milk V-8 Juice