

**November 2018 Frozen Meals**      *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1) BBQ Chicken Breast Crispy Cubed Potatoes Harvard Beets Dinner Roll w/Marg Pineapple Tidbits Orange Juice Milk	2) Salisbury Steak w/Gravy Mashed Spiced Yams Green Peas Wheat Roll w/Marg Applesauce Cranberry Juice Milk	3) BBQ Beef Riblet Macaroni & Cheese Mixed Vegetables Wheat Roll w/Marg Applesauce Cranberry Juice Milk	4) Honey Mustard Chicken Garlic Whipped Potatoes Spinach Wheat Roll w/Marg Pineapple Tidbits Cranberry Juice Milk
5) Beef w/Peppers & Onions Lima Beans Stewed Tomatoes Wheat Roll w/Marg Diced Peaches Orange Juice Milk	6) Brunswick Chicken Stew Whipped Potatoes Spinach Saltine Crackers Tropical Fruit Apple Juice Milk	7) Italian Turkey Sausage Crispy Cubed Potatoes Broccoli Wheat Hot Dog Bun Mustard Spiced Apples Grape Juice Milk	8) Sliced Roast Beef w/Gravy Whipped Potatoes Sliced Carrots Dinner Roll w/Marg Mandarin Oranges Apple Juice Milk	9) Beef Hot Dog w/Chili Mixed Vegetables Wheat Hot Dog Bun Ketchup & Mustard Tropical Fruit Cranberry Juice Milk	10) Hamburger Tater Tots Pacific Vegetable Blend Wheat Hamburger Bun Cinnamon Applesauce Grape Juice Milk	11) Turkey Meatballs w/Marinara Sauce Whole Grain Penne Broccoli Wheat Bread w/Marg Fruit Cocktail Orange Juice Milk
12) Fiesta Lime Chicken Cilantro Lime Rice Mexicali Vegetables Wheat Bread Mandarin Oranges Apple Juice Milk	13) Sliced Turkey w/Gravy Garlic Whipped Potatoes Glazed Carrots Dinner Roll w/Marg Tropical Fruit Grape Juice Milk	14) Sliced Turkey w/Gravy Bread Dressing Whipped Potatoes French Green Beans Pineapple Tidbits Cranberry Sauce Sweet Potato Pie Orange Juice & Milk	15) Creamy Paprika Chicken Buttered Bow Tie Pasta Ratatouille Wheat Bread Pineapple Tidbits Cranberry Juice Milk	16) BBQ Beef Riblet Baked Beans Mixed Greens Wheat Hamburger Bun Diced Peaches Apple Juice Milk	17) Meatloaf w/Gravy Whipped Potatoes California Vegetables Wheat Roll w/Marg Tropical Fruit Grape Juice Milk	18) Bourbon Style Chicken Corn Green Peas Dinner Roll w/Marg Mixed Fruit Cranberry Juice Milk
19) Honey Mustard Chicken Chicken Macaroni & Cheese Herbed Green Beans Dinner Roll w/Marg Sliced Peaches Orange Juice Milk	20) Baked Chicken w/Gravy Lima Beans Country Vegetables Wheat Roll w/Marg Tropical Fruit Apple Juice Milk	21) Stuffed Shells w/Meat Sauce Kale Pear Crisp Italian Bread w/Marg Grape Juice Milk	22) Sliced Turkey w/Gravy Whipped Potatoes Sliced Carrots Pineapple Tidbits Biscuit w/Marg Cranberry Juice Milk	23) Offices Closed- Additional Meals were sent out on 11/16 since there is no delivery today. 	24) Baked Chicken w/BBQ Sauce Corn O'Brien Mixed Greens Texas Bread w/Marg Pineapple Tidbits Orange Juice Milk	25) Salisbury Steak w/Gravy Oven Roasted Potatoes Mixed Vegetables Wheat Bread w/Marg Mandarin Oranges Grape Juice Milk
26) Turkey A La King Corn Sliced Carrots Biscuit w/Marg Sliced Pears Cranberry Juice Milk	27) Sloppy Joe Battered Fries Spinach Wheat Hamburger Bun Diced Peaches Grape Juice Milk	28) Chicken Cacciatore Braised Lentils Broccoli Wheat Bread w/Marg Pineapple Tidbits Apple Juice Milk	29) Salisbury Steak w/Gravy Scalloped Potatoes Green Peas Wheat Roll w/Marg Fruit Cocktail Orange Juice Milk	30) Creamy Chicken Tikka Parslied Rice Garlic Parmesan Cauliflower Naan Bread w/Marg Mandarin Oranges Apple Juice Milk	12/1) Sliced Turkey w/Gravy Black Eyed Peas Glazed Carrots Dinner Roll w/Marg Mixed Fruit Cranberry Juice Milk	12/2) Creole Steak O'Brien Hash Browns Green Peas Wheat Bread w/Marg Sliced Peaches Orange Juice Milk

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<p>1) Breaded Chicken Patty Mixed Beans Glazed Carrots Wheat Hamburger Bun Mayo Citrus Fruit Cup Fortified Juice</p>	<p>2) Baked Meatballs w/Marinara Sauce Capri Vegetables Mixed Fruit Crisp Wheat Hot Dog Bun Fortified Juice</p>		
<p>5) Baked Chicken w/Gravy Whipped Potatoes Green Beans Cornbread w/Marg Tropical Fruit Fortified Juice</p>	<p>6) BBQ Beef Riblet Chuckwagon Corn Brussels Sprouts Wheat Roll w/Marg Mandarin Oranges Fortified Juice</p>	<p>7) Sliced Turkey w/Gravy Mashed Spiced Yams Garden Vegetables Wheat Roll w/Marg Cinnamon Applesauce Fortified Juice</p>	<p>8) Beef Chili w/Beans Brown Rice Mixed Greens Saltine Crackers Diced Pears Fortified Juice</p>	<p>9) Hawaiian Chicken Black Beans Green Peas Wheat Bread w/Marg Diced Peaches Fortified Juice</p>		
<p>12) Creole Steak Garlic &amp; Red Pepper Penne Italian Vegetables Wheat Bread w/Marg Mandarin Oranges Fortified Juice</p>	<p>13) Baked Chicken w/BBQ Sauce Baked Beans Broccoli Wheat Roll w/Marg Fruit Cocktail Fortified Juice</p>	<p>14) Sliced Turkey w/Apricot Mustard Sauce Macaroni &amp; Cheese Glazed Carrots Dinner Roll w/Marg Diced Pears Fortified Juice</p>	<p>15) Beef Patty w/Mushroom Gravy Au Gratin Potatoes Green Peas Wheat Roll w/Marg Tropical Fruit Fortified Juice</p>	<p>16) Beef &amp; Bean Burrito Corn Japanese Vegetables Wheat Bread w/Marg Pineapple Tidbits Fortified Juice</p>		
<p>19) Beef Italiano Whipped Potatoes Sliced Carrots Dinner Roll w/Marg Diced Pears Fortified Juice</p>	<p>20) Cured Turkey w/Sweet &amp; Sour Sauce Brown Rice Mixed Vegetables Wheat Bread w/Marg Sliced Peaches Fortified Juice</p>	<p>21) Sliced Turkey w/Raisin Sauce Butter Beans Capri Vegetables Wheat Roll w/Marg Mandarin Oranges Fortified Juice</p>	<p>22) Pizzaiola Beef Corn Broccoli Dinner Roll w/Marg Applesauce Fortified Juice</p>	<p>23) Offices Closed- Additional Meals were sent out on 11/16 since there is no delivery today.</p> 		
<p>26) Baked Chicken w/ Dijon Herb Sauce Lima Beans Mixed Greens Dinner Roll w/Marg Mandarin Oranges Fortified Juice</p>	<p>27) Sliced Turkey w/Gravy Cheesy Baked Rice Harvard Beets Wheat Bread w/Marg Tropical Fruit Fortified Juice</p>	<p>28) Sliced Roast Beef w/Gravy Brown Rice Stewed Tomatoes Wheat Bread w/Marg Diced Peaches Fortified Juice</p>	<p>29) Lemon Pepper Chicken Macaroni &amp; Cheese Brussels Sprouts Wheat Roll w/Marg Diced Pears Fortified Juice</p>	<p>30) Beef Hot Dog w/Chili Sliced Carrots Wheat Hot Dog Bun Ketchup &amp; Mustard Tropical Fruit 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

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