

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1) Sliced Roast Beef w/Gravy Whipped Potatoes Sliced Carrots Dinner Rolls w/Marg Mandarin Oranges Apple Juice & Milk</p>	<p>2) Beef Hot Dog w/Chili Blueberry Crisp Coleslaw Wheat Hot Dog Bun Ketchup & Mustard Cranberry Juice & Milk</p>
<p>5) Fiesta Chicken Cilantro Lime Rice Mexicali Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk</p>	<p>6) Potato Crusted Fish Garlic Whipped Potatoes Glazed Carrots Dinner Roll w/Marg Tartar Sauce Tropical Fruit Grape Juice & Milk <i>PFS-Sliced Turkey w/Gravy</i></p>	<p>7) Beef Chili w/Beans Brown Rice Broccoli Saltine Crackers Spiced Apples Orange Juice Milk</p>	<p>8) Creamy Paprika Chicken Buttered Bowtie Pasta Ratatouille Wheat Bread w/Marg Fresh Fruit Cranberry Juice Milk</p>	<p>9) BBQ Pork Riblet Baked Beans Peach Crisp Coleslaw Wheat Hamburger Bun Apple Juice Milk <i>PFS-BBQ Beef Riblet</i></p>
<p>12) Potato Crusted Fish Macaroni & Cheese Herbed Green Beans Dinner Roll w/Marg Tartar Sauce Sliced Peaches Orange Juice & Milk <i>PFS-Honey Mustard Chicken</i></p>	<p>13) Baked Chicken w/Gravy Lima Beans Country Vegetables Wheat Roll w/Marg Tropical Fruit Apple Juice Milk</p>	<p>14) Stuffed Shells w/Meat Sauce Kale Pear Crisp Italian Bread w/Marg Grape Juice Milk</p>	<p>15) Sliced Turkey w/Gravy Whipped Potatoes Sliced Carrots Biscuit w/Marg Pineapple Tidbits Cranberry Juice Milk</p>	<p>16) Swedish Meatballs Buttered Herbed Penne Broccoli Wheat Bread w/Marg Fresh Fruit Apple Juice Milk</p>
<p>19) Turkey A La King Corn Sliced Carrots Biscuit w/Marg Sliced Pears Cranberry Juice Milk</p>	<p>20) Sloppy Joe Battered Fries Peach Crisp Coleslaw Wheat Hamburger Bun Grape Juice Milk</p>	<p>21) Sliced Turkey w/Gravy Bread Dressing Whipped Potatoes French Green Beans Ambrosia Cranberry Sauce Sweet Potato Pie Orange Juice & Milk</p>	<p>22) Offices Closed-Frozen Meals were sent on 11/20 for use today. HAPPY THANKSGIVING! </p>	<p>23) Offices Closed-Frozen Meals were sent on 11/19 for use today. </p>
<p>26) Meatloaf w/Gravy Buttermilk Potatoes Brussels Sprouts Wheat Bread w/Marg Fresh Fruit Apple Juice Milk</p>	<p>27) Glazed Ham Macaroni & Cheese Spinach Dinner Roll w/Marg Mandarin Oranges Cranberry Juice Milk <i>PFS-Sliced Turkey w/Gravy</i></p>	<p>28) Hamburger Sliced Cheese Baked Beans Apple Raisin Compote Carrot Raisin Salad Wheat Hamburger Bun Ketchup Orange Juice Milk</p>	<p>29) Cranberry Dijon Chicken Rosemary Potatoes Cabbage Wheat Roll w/Marg Pineapple Tidbits Grape Juice Milk</p>	<p>30) Stuffed Salmon w/Newburg Sauce Confetti Rice Mixed Vegetables Wheat Bread w/Marg Fluffy Fruit Salad Orange Juice Milk <i>PFS-Baked Chicken w/Newburg Sauce</i></p>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1) Tuna Salad Pasta Salad Fresh Fruit Wheat Pita Bread Fortified Juice</p> <p><i>PFS-Chicken Salad</i></p>	<p>2) Chicken Pasta Salad Three Bean Salad Tropical Fruit Wheat Roll Fortified Juice</p>
<p>5) Sliced Roast Beef w/Cheese Black Eyed Pea Salad Fresh Fruit Baguette Mayo Fortified Juice</p>	<p>6) Turkey Salad Coleslaw Sliced Peaches Croissant Fortified Juice</p>	<p>7) Sliced Turkey & Cheese Couscous Salad Fresh Fruit Wheat Bread Mustard Fortified Juice</p>	<p>8) Egg Salad Tomato Basil Salad Pineapple Tidbits Wheat Bread Mayo Fortified Juice</p>	<p>9) Curry Chicken Salad Carrot Raisin Salad Sliced Pears Wheat Pita Bread Fortified Juice</p>
<p>12) Sliced Turkey & Swiss Cheese Coleslaw Tropical Fruit Rye Bread Mustard Fortified Juice</p>	<p>13) Tuna Salad Green Pea Salad Peaches & Pineapples Wheat Pita Bread Fortified Juice</p> <p><i>PFS-Egg Salad</i></p>	<p>14) Sliced Roast Beef & Cheese Citrus Carrot Salad Fluffy Fruit Salad Wheat Bread Mayo Fortified Juice</p>	<p>15) Chicken Caesar Salad w/Dressing Mediterranean Lentil Salad Fresh Fruit Wheat Roll Fortified Juice</p>	<p>16) Turkey Salad Tuscany Vegetable Salad Mandarin Oranges Croissant Fortified Juice</p>
<p>19) Sliced Roast Beef & Provolone Cheese Patriotic Bean Salad Fresh Fruit Wheat Bread Mayo Fortified Juice</p>	<p>20) Baked Chicken Breast w/Honey Mustard Sauce Broccoli Salad Tropical Fruit Kaiser Roll Fortified Juice</p>	<p>21) Sliced Turkey & Cheese Beet Salad Tropical Fruit Wheat Bread Mustard Fortified Juice</p>	<p>22) Offices Closed-Frozen Meals were sent on 11/20 for use today.</p> 	<p>23) Offices Closed-Frozen Meals were sent on 11/19 for use today.</p> 
<p>26) Sliced Turkey & Cheese Citrus Carrot Salad Pineapple Tidbits Croissant Mayo Fortified Juice</p>	<p>27) Southwest Chicken Salad w/Dressing Three Bean Salad Fresh Fruit German Rye Roll Fortified Juice</p>	<p>28) Sliced Ham & Cheese Tomato Salsa Fluffy Fruit Salad Wheat Bread Mustard Fortified Juice</p> <p><i>PFS-Sliced Turkey & Cheese</i></p>	<p>29) Tuna Salad Green Pea Salad Tropical Fruit Wheat Pita Bread Fortified Juice</p> <p><i>PFS-Egg Salad</i></p>	<p>30) Chicken Salad Black Eyed Pea Salad Fresh Fruit Wheat Bread 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

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MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.