




October 2018 Frozen Meals


Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1) Hamburger Baked Beans Sliced Carrots Wheat Hamburger Bun Ketchup Applesauce Orange Juice Milk	2) Honey Baked Chicken Green Beans Glazed Carrots Wheat Hamburger Bun Mixed Fruit Milk	3) Swiss Steak Oven Roasted Potatoes Spinach Biscuit w/Marg Cinnamon Applesauce Orange Juice Milk	4) Creamy Paprika Chicken Rice Pilaf Ratatouille Wheat Roll w/Marg Sliced Pears Apple Juice Milk	5) Bruschetta Beef Garlic Rotini Brussels Sprouts Garlic Breadstick Pineapple Tidbits Grape Juice Milk	6) Lemon Pepper Chicken Corn Broccoli Wheat Roll w/Marg Diced Peaches Apple Juice Milk	7) Meatloaf w/Gravy Whipped Potatoes Capri Vegetables Dinner Roll w/Marg Pineapple Tidbits Cranberry Juice Milk
8) Honey Mustard Chicken Macaroni & Cheese Herbed Green Beans Dinner Roll w/Marg Sliced Peaches Orange Juice Milk	9) Baked Chicken w/Gravy Lima Beans Country Vegetables Wheat Roll w/Marg Tropical Fruit Apple Juice Milk	10) Stuffed Shells w/Meat Sauce Kale Pear Crisp Italian Bread w/Marg Grape Juice Milk	11) Sliced Turkey w/Gravy Whipped Potatoes Sliced Carrots Biscuit w/Marg Pineapple Tidbits Cranberry Juice Milk	12) Swedish Meatballs Buttered Herb Penne Broccoli Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk	13) Baked Chicken w/BBQ Sauce Corn O'Brien Mixed Greens Texas Bread w/Marg Pineapple Tidbits Orange Juice Milk	14) Salisbury Steak w/Gravy Oven Roasted Potatoes Mixed Vegetables Wheat Bread w/Marg Mandarin Oranges Grape Juice Milk
15) Turkey A La King Corn Sliced Carrots Biscuit w/Marg Sliced Pears Cranberry Juice Milk	16) Sloppy Joe Battered Fries Spinach Wheat Hamburger Bun Diced Peaches Grape Juice Milk	17) Chicken Cacciatore Braised Lentils Broccoli Wheat Bread w/Marg Pineapple Tidbits Apple Juice Milk	18) Salisbury Steak w/Gravy Scalloped Potatoes Green Peas Wheat Roll w/Marg Fruit Cocktail Orange Juice Milk	19) Offices Closed- Additional Meals were sent out on 10/12 since there is no delivery today. 	20) Sliced Turkey w/Gravy Black Eyed Peas Glazed Carrots Dinner Roll w/Marg Mixed Fruit Cranberry Juice Milk	21) Creole Steak O'Brien Hash Browns Green Peas Wheat Bread w/Marg Sliced Peaches Orange Juice Milk
22) Meatloaf w/Gravy Buttermilk Potatoes Brussels Sprouts Wheat Bread w/Marg Pineapple Tidbits Apple Juice Milk	23) Sliced Turkey w/Gravy Macaroni & Cheese Spinach Dinner Roll w/Marg Mandarin Oranges Cranberry Juice Milk	24) Hamburger Baked Beans Sliced Carrots Wheat Hamburger Bun Ketchup Spiced Apples Orange Juice Milk	25) Cranberry Dijon Chicken Rosemary Potatoes Cabbage Wheat Roll w/Marg Pineapple Tidbits Grape Juice Milk	26) Baked Chicken w/Newburg Sauce Confetti Rice Mixed Vegetables Wheat Bread w/Marg Fruit Cocktail Orange Juice Milk	27) Swiss Steak Scalloped Potatoes Mixed Vegetables Wheat Bread w/Marg Applesauce Cranberry Juice Milk	28) Chicken Breast w/Alfredo Sauce Penne Pasta Brussels Sprouts Italian Bread w/Marg Diced Pears Apple Juice Milk
29) Turkey Meatballs w/Sweet & Sour Sauce Garden Medley Rice California Vegetables Wheat Roll w/Marg Applesauce Cranberry Juice Milk	30) Beef Spaghetti Sauce Whole Grain Penne Pasta Green Beans Cherry Crisp Italian Bread w/Marg Orange Juice Milk	31) Baked Chicken Thigh Black Eyed Peas Cabbage Wheat Bread w/Marg Tropical Fruit Apple Juice Milk				

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1) Baked Chicken w/Sweet & Sour Sauce Confetti Rice Japanese Vegetables Wheat Bread w/Marg Fruit Cocktail Fortified Juice	2) Meatballs w/Gravy Lima Beans Cauliflower w/Red Peppers Dinner Roll w/Marg Diced Pears Fortified Juice	3) Breaded Chicken Patty w/Marinara Sauce Au Gratin Rotini Italian Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice	4) Beef w/Peppers & Onions Macaroni & Cheese Broccoli Wheat Bread w/Marg Pineapple Tidbits Fortified Juice	5) Sliced Turkey w/Gravy Mashed Spiced Yams Green Beans Wheat Roll w/Marg Applesauce Fortified Juice		
8) Beef Italiano Whipped Potatoes Sliced Carrots Dinner Roll w/Marg Diced Pears Fortified Juice	9) Cured Turkey w/Sweet & Sour Sauce Brown Rice Mixed Vegetables Wheat Bread w/Marg Sliced Peaches Fortified Juice	10) Sliced Turkey w/Raisin Sauce Butter Beans Capri Vegetables Wheat Roll w/Marg Mandarin Oranges Fortified Juice	11) Pizzaiola Beef Corn Broccoli Dinner Roll w/Marg Applesauce Fortified Juice	12) Italian Ranch Chicken Yellow Rice Green Beans Wheat Bread w/Marg Pineapple Tidbits Fortified Juice		
15) Baked Chicken w/ Dijon Herb Sauce Lima Beans Mixed Greens Dinner Roll w/Marg Mandarin Oranges Fortified Juice	16) Sliced Turkey w/Gravy Cheesy Baked Rice Harvard Beets Wheat Bread w/Marg Tropical Fruit Fortified Juice	17) Sliced Roast Beef w/Gravy Brown Rice Stewed Tomatoes Wheat Bread w/Marg Diced Peaches Fortified Juice	18) Lemon Pepper Chicken Macaroni & Cheese Brussels Sprouts Wheat Roll w/Marg Diced Pears Fortified Juice	19) Offices Closed- Additional Meals were sent out on 10/12 since there is no delivery today. 		
22) Turkey Burger Rosemary White Beans Mixed Vegetables Wheat Hamburger Bun Mayo Mixed Fruit Fortified Juice	23) Beef Jardine Buttermilk Potatoes Sliced Carrots Wheat Roll w/Marg Diced Pears Fortified Juice	24) Mozzarella Chicken Garlic Rotini Broccoli Italian Bread w/Marg Diced Peaches Fortified Juice	25) Salisbury Steak w/Gravy Confetti Rice Capri Vegetables Wheat Bread w/Marg Tropical Fruit Fortified Juice	26) Baked Chicken w/BBQ Sauce Macaroni & Cheese Herbed Green Beans Dinner Roll w/Marg Cinnamon Applesauce Fortified Juice		
29) Beef w/Peppers & Onions Brown Rice Brussels Sprouts Dinner Roll w/Marg Pineapple Tidbits Fortified Juice	30) Sliced Turkey w/Cranberry Orange Sauce Scalloped Potatoes Spinach Wheat Roll w/Marg Tropical Fruit Fortified Juice	31) Meatloaf w/Tomato Gravy Garlic Whipped Potatoes Green Peas Dinner Roll w/Marg Diced Pears 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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