

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1) Potato Crusted Fish Macaroni &amp; Cheese Herbed Green Beans Dinner Roll w/Marg Tartar Sauce Sliced Peaches Orange Juice &amp; Milk PFS-Honey Mustard Chicken</p>	<p>2) Baked Chicken w/Gravy Lima Beans Country Vegetables Wheat Roll w/Marg Tropical Fruit Apple Juice Milk</p>	<p>3) Stuffed Shells w/Meat Sauce Kale Pear Crisp Italian Bread w/Marg Grape Juice Milk</p>	<p>4) Sliced Turkey w/Gravy Whipped Potatoes Sliced Carrots Biscuit w/Marg Pineapple Tidbits Cranberry Juice Milk</p>	<p>5) Swedish Meatballs Buttered Herbed Penne Broccoli Wheat Bread w/Marg Fresh Fruit Apple Juice Milk</p>
<p>8) Turkey A La King Corn Sliced Carrots Biscuit w/Marg Sliced Pears Cranberry Juice Milk</p>	<p>9) Sloppy Joe Battered Fries Peach Crisp Coleslaw Wheat Hamburger Bun Grape Juice Milk</p>	<p>10) Chicken Cacciatore Braised Lentils Broccoli Wheat Bread w/Marg Pineapple Tidbits Apple Juice Milk</p>	<p>11) Pork Roast w/Apricot Mustard Sauce Scalloped Potatoes Green Peas Wheat Roll w/Marg Fresh Fruit Orange Juice &amp; Milk PFS-Salisbury Steak w/Gravy</p>	<p>12) Creamy Tikka Chicken Parslied Rice Garlic Parmesan Cauliflower Naan Bread w/Marg Mandarin Oranges Apple Juice Milk</p>
<p>15) Meatloaf w/Gravy Buttermilk Potatoes Brussels Sprouts Wheat Bread w/Marg Fresh Fruit Apple Juice Milk</p>	<p>16) Glazed Ham Macaroni &amp; Cheese Spinach Dinner Roll w/Marg Mandarin Oranges Cranberry Juice Milk  <i>PFS-Sliced Turkey w/Gravy</i></p>	<p>17) Hamburger Sliced Cheese Baked Beans Apple Raisin Compote Carrot Raisin Salad Wheat Hamburger Bun Ketchup Orange Juice Milk</p>	<p>18) Cranberry Dijon Chicken Rosemary Potatoes Cabbage Wheat Roll w/Marg Pineapple Tidbits Grape Juice Milk</p>	<p>19) Offices Closed-Frozen Meals were sent on 10/12 for use today.</p> 
<p>22) Turkey Meatballs w/Sweet &amp; Sour Sauce Garden Medley Rice California Vegetables Wheat Roll w/Marg Fresh Fruit Cranberry Juice Milk</p>	<p>23) Beef Spaghetti Sauce Whole Grain Penne Pasta Green Beans Cherry Crisp Italian Bread w/Marg Orange Juice Milk</p>	<p>24) Baked Chicken Thigh Black Eyed Peas Cabbage Wheat Bread w/Marg Tropical Fruit Apple Juice Milk</p>	<p>25) 10 Grain Pollock Crispy Cubed Potatoes Harvard Beets Dinner Roll w/Marg Fresh Fruit Orange Juice Milk <i>PFS-BBQ Chicken</i></p>	<p>26) Pork Roast w/Gravy Mashed Spiced Yams Green Peas Wheat Roll w/Marg Applesauce Cranberry Juice &amp; Milk <i>PFS-Salisbury Steak w/Gravy</i></p>
<p>29) Beef w/Onions &amp; Peppers Lima Beans Stewed Tomatoes Wheat Roll w/Marg Fresh Fruit Orange Juice Milk</p>	<p>30) Brunswick Chicken Stew Whipped Potatoes Spinach Saltine Crackers w/Marg Tropical Fruit Apple Juice Milk</p>	<p>31) Turkey Italian Sausage Sauerkraut Crispy Cubed Potatoes Hot Spiced Apples Coleslaw Wheat Hot Dog Bun w/Mustard Cookie Grape Juice &amp; Milk</p>		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Sliced Turkey & Swiss Cheese Coleslaw Tropical Fruit Rye Bread Mustard Fortified Juice	2) Tuna Salad Green Pea Salad Peaches & Pineapples Wheat Pita Bread Fortified Juice  <i>PFS-Egg Salad</i>	3) Sliced Roast Beef & Cheese Citrus Carrot Salad Fluffy Fruit Salad Oatmeal Bread Mayo Fortified Juice	4) Chicken Caesar Salad w/Dressing Mediterranean Lentil Salad Fresh Fruit Wheat Roll Fortified Juice	5) Turkey Salad Tuscany Vegetable Salad Mandarin Oranges Croissant Fortified Juice
8) Sliced Roast Beef & Provolone Cheese Patriotic Bean Salad Fresh Fruit Wheat Bread Mayo Fortified Juice	9) Baked Chicken Breast w/Honey Mustard Sauce Broccoli Salad Tropical Fruit Kaiser Roll Fortified Juice	10) Sliced Turkey & Cheese Beet Salad Tropical Fruit Oatmeal Bread Mustard Fortified Juice	11) Krab Salad Mixed Green Salad w/Dressing Macaroni Salad Fresh Fruit Wheat Roll Fortified Juice  <i>PFS-Egg Salad</i>	12) Egg Salad Lemon Dijon Carrot Salad Applesauce Baguette Fortified Juice
15) Sliced Turkey & Cheese Citrus Carrot Salad Pineapple Tidbits Croissant Mayo Fortified Juice	16) Southwest Chicken Salad w/Dressing Three Bean Salad Fresh Fruit German Rye Roll Fortified Juice	17) Sliced Ham & Cheese Tomato Salsa Fluffy Fruit Salad Oatmeal Bread Mustard Fortified Juice <i>PFS-Sliced Turkey &amp; Cheese</i>	18) Tuna Salad Green Pea Salad Tropical Fruit Wheat Pita Bread Fortified Juice  <i>PFS-Egg Salad</i>	19) Offices Closed-Frozen Meals were sent on 10/12 for use today.  
22) Sliced Roast Beef & Swiss Cheese Mandarin Beets w/Citrus Dressing Applesauce Rye Bread Mayo Fortified Juice	23) Seafood Salad Broccoli Slaw Sliced Peaches Baguette Fortified Juice  <i>PFS-Egg Salad</i>	24) Sliced Ham & Cheese Tex Mex Pasta Salad Fresh Fruit Wheat Bread Mustard Wheat Bread Fortified Juice <i>PFS-Sliced Turkey &amp; Cheese</i>	25) Zesty Baja Chicken Salad Carrot Raisin Salad Pineapple Tidbits Croissant Fortified Juice	26) Turkey Chef Salad w/Dressing Chick Pea Salad Fresh Fruit Wheat Roll Fortified Juice
29) Sliced Turkey & Cheese Citrus Carrot Salad Sliced Peaches Rye Bread Mustard Fortified Juice	30) Pimento Cheese Patriotic Bean Salad Fresh Fruit Baguette Fortified Juice	31) Sliced Corned Beef & Provolone Cheese Potato Salad Fresh Fruit Pumpnickel Bread Mustard & 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

**OVER →**

MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.