

September 2017 Frozen Meals

Meals on Wheels of Central Maryland

MONDAY

TUESDAY

WEDNESDAY




THURSDAY

FRIDAY

				<p>1) BBQ Chicken Thigh Baked Beans Collard Greens Cornbread Muffin w/Marg Diced Pears Orange Juice 1% Milk</p>
<p>4) Offices Closed- Additional Meals were sent out on 8/28 since there is no delivery today.</p> 	<p>5) Beef Paprikash Broccoli Hot Spiced Apples Texas Bread w/Marg Grape Juice 1% Milk</p>	<p>6) Sliced Turkey w/Gravy Black-eyed Peas Spinach Cornbread Muffin w/Marg Diced Peaches Cranberry Juice 1% Milk</p>	<p>7) Lemon Pepper Chicken Macaroni & Cheese Okra, Corn, & Stewed Tomatoes Wheat Roll w/Marg Diced Pears Orange Juice 1% Milk</p>	<p>8) Salisbury Steak w/Gravy Whipped Potatoes Sliced Carrots Wheat Bread w/Marg Tropical Fruit Apple Juice 1% Milk</p>
<p>11) Baked Meatballs w/Onion Gravy Whipped Potatoes Brussels Sprouts Wheat Roll w/Marg Pineapple Tidbits Grape Juice 1% Milk</p>	<p>12) Baked Chicken Thigh w/Creole Sauce Red Kidney Beans Collard Greens Cornbread Muffin w/Marg Applesauce Cranberry Juice 1% Milk</p>	<p>13) Meatballs w/Marinara Sauce Herbed Green Beans Garlic & Red Pepper Penne Wheat Roll w/Marg Diced Peaches Orange Juice 1% Milk</p>	<p>14) Creamy Chicken Tikka Parslied Rice Cauliflower Naan Bread Mandarin Oranges Apple Juice 1% Milk</p>	<p>15) Hamburger w/Gravy Mashed Spiced Yams Mixed Vegetables Rye Bread w/Marg Diced Pears Cranberry Juice 1% Milk</p>
<p>18) Baked Chicken w/Curry Sauce Jasmine Rice Green Peas Wheat Roll w/Marg Tropical Fruit Apple Juice 1% Milk</p>	<p>19) Salisbury Steak w/Gravy Au Gratin Potatoes Ratatouille Wheat Bread w/MARg Fruit Cocktail Cranberry Juice 1% Milk</p>	<p>20) Cured Turkey w/Pineapple Sauce Mashed Spiced Yams Mixed Greens Cornbread Muffin w/Marg Diced Pears Orange Juice 1% Milk</p>	<p>21) Western Baked Beef Whipped Potatoes Broccoli Italian Bread w/Marg Applesauce Grape Juice 1% Milk</p>	<p>22) Beef Hot Dog Baked Beans Glazed Baby Carrots Wheat Hot Dog Bun Mustard Diced Peaches Cranberry Juice 1% Milk</p>
<p>25) Grilled Beef Strips w/Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Pears Orange Juice 1% Milk</p>	<p>26) Chicken w/Onions & Peppers Black Beans Parslied Carrots Corn Tortilla Mandarin Oranges & Pineapple Grape Juice 1% Milk</p>	<p>27) Swiss Steak w/Gravy Parslied Rice Kale Wheat Roll w/Marg Diced Peaches Apple Juice 1% Milk</p>	<p>28) Baked Chicken Thigh Mashed Spiced Yams Garlic Parmesan Cauliflower Cornbread Muffin w/Marg Fruit Cocktail Orange Juice 1% Milk</p>	<p>29) Sloppy Joe Ranch Beans Fiesta Vegetables Wheat Hamburger Bun Cinnamon Applesauce Cranberry Juice 1% Milk</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Pepper Beef Steak Garlic Whipped Potatoes Ratatouille Wheat Roll w/Marg Tropical Fruit Fortified Juice
4) Offices Closed- Additional Meals were sent out on 8/28 since there is no delivery today. 	5) Chicken Marsala Whole Grain Penne Pasta Sliced Carrots Wheat Roll w/Marg Pineapple Tidbits Fortified Juice	6) Baked Meatballs w/Sweet & Sour Sauce Fried Rice Broccoli Dinner Roll w/Marg Applesauce Fortified Juice	7) Hamburger Hawaiian Baked Beans Mixed Vegetables Wheat Hamburger Bun Ketchup Mandarin Oranges Fortified Juice	8) Sliced Turkey w/Gravy Macaroni & Cheese Stewed Tomatoes Wheat Roll w/Marg Diced Pears Fortified Juice
11) Baked Chicken w/Supreme Sauce Garlic & Red Pepper Penne Broccoli Wheat Bread w/Marg Fruit Cocktail Fortified Juice	12) Hamburger Baked Beans Mixed Vegetables Wheat Hamburger Bun Ketchup Pineapple Tidbits Fortified Juice	13) Sliced Roast Beef w/Onion Gravy Whipped Potatoes Rosemary Carrots Dinner Roll w/Marg Tropical Fruit Fortified Juice	14) Turkey Ham w/White Beans Brown Rice Spinach Cornbread Muffin w/Marg Applesauce Fortified Juice	15) Fiesta Chicken Mexican Rice Fiesta Vegetables Wheat Roll w/Marg Mandarin Oranges Fortified Juice
18) Meatloaf w/Tomato Gravy Garlic Whipped Potatoes Capri Vegetables Wheat Roll w/Marg Cinnamon Applesauce Fortified Juice	19) Cheese Omelet Turkey Sausage Link O'Brien Potatoes Stewed Tomatoes Biscuit w/Marg Mandarin Oranges Fortified Juice	20) Baked Chicken w/Dijon Herb Sauce Whipped Potatoes Mixed Vegetables Wheat Roll w/Marg Fruit Cocktail Fortified Juice	21) Sliced Turkey w/Gravy Mashed Yams Tuscan Vegetables Wheat Bread w/Marg Diced Peaches Fortified Juice	22) Chicken Chili Brown Rice Mustard Greens Cornbread Muffin w/Marg Pineapple Tidbits Fortified Juice
25) General Tso's Chicken Jasmine Rice Broccoli Wheat Roll w/Marg Mandarin Oranges Fortified Juice	26) Hamburger Ranch Beans Spring Vegetables Wheat Hamburger Bun Mayo & Ketchup Apple Fruit Treat Fortified Juice	27) Sliced Turkey w/Gravy Scalloped Potatoes Harvard Beets Wheat Bread w/Marg Tropical Fruit Fortified Juice	28) Beef Jardine Whipped Potatoes Scalloped Tomatoes Dinner Roll w/Marg Pineapple Tidbits Fortified Juice	29) Honey Balsamic Chicken Black Eyed Peas Parslied Carrots Cornbread Muffin w/Marg Tropical Fruit 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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