

# September 2017 HOT MEALS

# Meals on Wheels of Central Maryland

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				<p>1) BBQ Beef Riblet Baked Beans Peach Crisp Coleslaw Wheat Hamburger Bun Orange Juice 1% Milk</p>
<p>4) Offices Closed- Frozen meals will be sent on August 30<sup>th</sup> for use today.</p> 	<p>5) Chicken Thigh w/Creole Sauce Red Kidney Beans Collard Greens Cornbread Muffin w/Marg Cranberry Juice 1% Milk</p>	<p>6) Potato Crusted Fish Herbed Green Beans Garlic &amp; Red Pepper Penne Wheat Roll w/Marg Diced Peaches Orange Juice 1% Milk</p>	<p>7) Turkey Sausage Patty Scrambled Eggs Hot Spiced Apples Whole Grain Pancakes Syrup Fresh Fruit Cranberry Juice 1% Milk</p>	<p>8) Pork Roast w/Gravy Mashed Spiced Yams Mixed Vegetables Rye Bread w/Marg Diced Pears Cranberry Juice 1% Milk <i>PFS-Hamburger w/Gravy</i></p>
<p>11) Chicken Breast w/Curry Sauce Jasmine Rice Green Peas Wheat Roll w/Marg Tropical Fruit Apple Juice 1% Milk</p>	<p>12) Potato Crusted Fish Au Gratin Potatoes Ratatouille Wheat Bread w/Marg Tartar Sauce Fresh Fruit Cranberry Juice 1% Milk <i>PFS-Salisbury Steak w/Gravy</i></p>	<p>13) Cured Turkey w/Pineapple Sauce Mashed Spiced Yams Mixed Greens Cornbread Muffin w/Marg Diced Pears Orange Juice 1% Milk</p>	<p>14) Western Baked Beef Whipped Potatoes Broccoli Italian Bread w/Marg Applesauce Grape Juice 1% Milk</p>	<p>15) Sausage w/Onions &amp; Peppers Baked Beans Peach Crisp Coleslaw Wheat Hot Dog Bun w/Mustard Cranberry Juice 1% Milk <i>PFS-Beef Hot Dog</i></p>
<p>18) Grilled Beef Strips w/Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Pears Orange Juice 1% Milk</p>	<p>19) Diced Chicken w/Onions &amp; Peppers Red Beans &amp; Rice Southwestern Green Beans Corn Tortilla Mandarin Oranges &amp; Pineapples Grape Juice &amp; 1% Milk</p>	<p>20) Stuffed Salmon w/Old Bay Cream Sauce Parslied Rice Kale Wheat Roll w/Marg Fresh Fruit Apple Juice 1% Milk <i>PFS-Swiss Steak w/Gravy</i></p>	<p>21) Baked Chicken Thigh Mashed Spiced Yams Garlic Parmesan Cauliflower Cornbread Muffins w/Marg Fruit Cocktail Orange Juice 1% Milk</p>	<p>22) Sloppy Joe Ranch Beans Fiesta Vegetables Wheat Hamburger Bun Cinnamon Applesauce Cranberry Juice 1% Milk</p>
<p>25) Chicken Patty w/Marinara Sauce Garlic Rotini Spinach Italian Bread w/Marg Diced Peaches Orange Juice 1% Milk</p>	<p>26) Hamburger Lettuce, Tomato, Onion Hawaiian Baked Beans Mixed Vegetables Wheat Hamburger Bun Ketchup Pineapple Tidbits Cranberry Juice 1% Milk</p>	<p>27) Pork Roast w/Supreme Sauce Mashed Spiced Yams Cabbage Cornbread Muffin w/Marg Tropical Fruit Apple Juice &amp; 1% Milk <i>PFS-Chicken Breast w/Supreme Sauce</i></p>	<p>28) Baked Meatballs w/Teriyaki Sauce Brown Rice Japanese Vegetables Wheat Bread w/Marg Mandarin Oranges Grape Juice 1% Milk</p>	<p>29) Chicken Breast w/Cacciatore Sauce Roasted Diced Potatoes Brussels Sprouts Wheat Roll w/Marg Fresh Fruit Apple Juice 1% Milk</p>

**OVER →**

# September 2017 COLD MEALS Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Seafood Salad Coleslaw Mandarin Oranges Kaiser Roll Fortified Juice  <b>PFS-Chicken Salad</b>
4) Offices Closed- Frozen meals will be sent on August 30 <sup>th</sup> for use today.  	5) Tuna Salad Mixed Vegetable Salad Tropical Fruit Wheat Bread Fortified Juice  <b>PFS-Egg Salad</b>	6) Sliced Turkey & Swiss Cheese Copper Pennies Applesauce Rye Bread Mayo Fortified Juice	7) Chicken Salad Coleslaw Diced Pears Kaiser Roll Fortified Juice	8) Turkey Chef Salad w/Ranch Dressing Pasta Salad Diced Peaches Wheat Roll Fortified Juice
11) Cured Turkey & Swiss Cheese Green Bean & Tomato Salad Pineapple Tidbits Hamburger Bun Mayo Fortified Juice	12) Egg Salad Broccoli Slaw Fresh Fruit Kaiser Roll Fortified Juice	13) Asian Chicken Salad w/Balsamic Vinaigrette White Bean Salad w/Olives Fresh Fruit Wheat Roll Fortified Juice	14) Turkey Quinoa Salad Copper Pennies Diced Pears Wheat Roll Fortified Juice	15) Sliced Roast Beef Potato Salad Fresh Fruit Wheat Hamburger Bun Mayo Fortified Juice
18) Zesty Baja Chicken Salad Cucumber Salad Tropical Fruit Club Roll Fortified Juice	19) Krab Salad Black Beans Salad Fresh Fruit Wheat Pita Bread Fortified Juice  <b>PFS-Egg Salad</b>	20) Sliced Turkey & Swiss Cheese Carrot Raisin Salad Fresh Fruit Rye Bread Mayo Fortified Juice	21) Egg Salad Broccoli Slaw Diced Pears Kaiser Roll Fortified Juice	22) Chicken Chef Salad w/Ranch Dressing Venetian Pasta Salad Fresh Fruit Wheat Roll Fortified Juice
25) Egg Salad Copper Pennies Diced Pears Club Roll Fortified Juice	26) Cured Turkey & Swiss Cheese Quinoa Pepper Salad Fresh Fruit Rye Bread Mayo Fortified Juice	27) Chicken Salad Green Beans & Tomato Salad Fruit Cocktail Wheat Bread Fortified Juice	28) Tuna Salad Summer Salad Pineapple Tidbits Kaiser Roll Fortified Juice  <b>PFS-Egg Salad</b>	29) Roast Beef Chef Salad w/French Dressing Mediterranean Lentil Salad Applesauce Wheat Roll 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.**

**OVER →**