

September 2018 Frozen Meals

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>3) Offices Closed- Additional Meals were sent out on 8/27 since there is no delivery today.</p> 	<p>4) Apple Glazed Chicken Mashed Spiced Yams Green Beans Dinner Roll w/Marg Pineapple Tidbits Cranberry Juice Milk</p>	<p>5) Ginger Pepper Steak Brown Rice Broccoli Wheat Roll w/Marg Cinnamon Applesauce Grape Juice Milk</p>	<p>6) Baked Chicken w/Mushroom Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Pears Orange Juice Milk</p>	<p>7) Swiss Steak White Beans w/Arugula Garden Vegetables Dinner Roll w/Marg Pineapple Tidbits Cranberry Juice Milk</p>	<p>8) BBQ Chicken Breast Baked Beans Collard Greens Biscuit w/Marg Tropical Fruit Apple Juice Milk</p>	<p>9) Meatballs w/Gravy Whole Grain Penne Sliced Carrots Dinner Roll w/Marg Pineapple Tidbits Orange Juice Milk</p>
<p>10) Honey Mustard Chicken Scalloped Potatoes Harvard Beets Wheat Bread w/Marg Sliced Peaches Cranberry Juice Milk</p>	<p>11) Beef Hot Dog w/Chili Sauerkraut Crispy Cubed Potatoes Wheat Hot Dog Bun Mustard Tropical Fruit Cranberry Juice Milk</p>	<p>12) Honey Baked Chicken Corn O'Brien Sliced Carrots Dinner Roll w/Marg Pineapple Tidbits Orange Juice Milk</p>	<p>13) Chicken Shawarma Yellow Rice Broccoli Wheat Pita Bread Tropical Fruit Grape Juice Milk</p>	<p>14) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Green Beans Garlic Breadstick w/Marg Diced Pears Cranberry Juice Milk</p>	<p>15) Meatloaf w/Gravy Whipped Potatoes Sliced Carrots Wheat Roll w/Marg Mandarin Oranges Apple Juice Milk</p>	<p>16) Parmesan Chicken Patty Garlic & Red Pepper Penne Spinach Italian Bread w/Marg Tropical Fruit Grape Juice Milk</p>
<p>17) Hawaiian Chicken Black Beans & Rice Zucchini & Squash Wheat Bread w/Marg Applesauce Cranberry Juice Milk</p>	<p>18) Cheese Lasagna Roll Up w/Tomato Basil Sauce Mixed Vegetables Wheat Bread w/Marg Pineapple Tidbits Orange Juice Milk</p>	<p>19) Sweet & Sour Meatballs Confetti Rice Sliced Carrots Wheat Bread w/Marg Mandarin Oranges Cranberry Juice Milk</p>	<p>20) Sliced Turkey w/Gravy Delmonico Potatoes Brussels Sprouts Dinner Roll w/Marg Applesauce Grape Juice Milk</p>	<p>21) BBQ Chicken Breast Black Eyed Peas Collard Greens Biscuit w/Marg Peaches & Pears Orange Juice Milk</p>	<p>22) Country Fried Steak w/Country Gravy Macaroni & Cheese Green Peas Wheat Roll w/Marg Diced Pears Orange Juice Milk</p>	<p>23) Swiss Steak Mashed Spiced Yams Mixed Vegetables Dinner Roll w/Marg Tropical Fruit Apple Juice Milk</p>
<p>24) Meatloaf w/Brown Gravy Sweet Potatoes Mixed Vegetables Wheat Bread w/Marg Tropical Fruit Grape Juice Milk</p>	<p>25) Breaded Chicken Patty w/Marinara Sauce Garlic Rotini Spinach Italian Bread w/Marg Mandarin Oranges & Pineapple Apple Juice & Milk</p>	<p>26) Italian Turkey Sausage Sauteed Peppers & Onions Crispy Cubed Potatoes Wheat Hot Dog Bun Mustard Sliced Pears Cranberry Juice & Milk</p>	<p>27) Baked Chicken w/Gravy Brown Rice Green Peas Wheat Bread w/Marg Pineapple Tidbits Orange Juice Milk</p>	<p>28) Beef & Bean Burrito w/Enchilada Sauce Mixed Beans Summer Vegetables Tropical Fruit Cranberry Juice Milk</p>	<p>29) Swedish Meatballs Whole Grain Penne Pasta Sliced Carrots Dinner Roll w/Marg Mandarin Oranges Apple Juice Milk</p>	<p>30) Baked Chicken w/Gravy Whipped Potatoes Spinach Wheat Roll w/Marg Applesauce Cranberry Juice Milk</p>
						

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<p>3) Offices Closed- Additional Meals were sent out on 8/27 since there is no delivery today.</p> 	<p>4) Beef Patty w/Onion Gravy Whipped Potatoes Green Peas Wheat Roll w/Marg Diced Peaches Fortified Juice</p>	<p>5) Hamburger w/Brown Gravy Macaroni & Cheese Brussels Sprouts Wheat Bread w/Marg Pineapple Tidbits Fortified Juice</p>	<p>6) Beef Italiano Lima Beans Sliced Carrots Dinner Roll w/Marg Diced Pears Fortified Juice</p>	<p>7) Chicken w/Alfredo Sauce Fettuccini Noodles Italian Blend Veggies Wheat Roll w/Marg Tropical Fruit Fortified Juice</p>		
<p>10) Beef Fiesta Mac Green Beans Hot Spiced Fruit Italian Bread w/Marg Fortified Juice</p>	<p>11) Chicken Tenders Macaroni & Cheese Mixed Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice</p>	<p>12) Pizzaiola Beef Patty Black Eyed Peas Sliced Carrots Dinner Roll w/Marg Diced Pears Fortified Juice</p>	<p>13) Roast Beef w/Gravy Whipped Potatoes Stewed Tomatoes Wheat Bread w/Marg Pineapple Tidbits Fortified Juice</p>	<p>14) Turkey Breast w/Gravy O'Brien Hashbrowns Brussels Sprouts Wheat Roll w/Marg Sliced Peaches Fortified Juice</p>		
<p>17) Teriyaki Meatballs Brown Rice Sliced Carrots Wheat Bread w/Marg Tropical Fruit Fortified Juice</p>	<p>18) Creole Chicken Lima Beans Mixed Vegetables Wheat Bread w/Marg Mandarin Oranges Fortified Juice</p>	<p>19) Breaded Chicken Patty Tater Tots Stewed Tomatoes Wheat Hamburger Bun Ketchup Diced Pears Fortified Juice</p>	<p>20) Spanish Beef Yellow Rice Green Peas Wheat Roll w/Marg Sliced Peaches Fortified Juice</p>	<p>21) Swiss Steak Whipped Potatoes Broccoli Dinner Roll w/Marg Sliced Apples Fortified Juice</p>		
<p>24) BBQ Chicken Breast Corn Stewed Tomatoes Wheat Roll w/Marg Cinnamon Applesauce Fortified Juice</p>	<p>25) Swiss Steak Brown Rice Green Beans Wheat Roll w/Marg Tropical Fruit Fortified Juice</p>	<p>26) Creole Steak Whipped Potatoes Brussels Sprouts Wheat Bread w/Marg Diced Peaches Fortified Juice</p>	<p>27) Sloppy Joe Baked Beans Sliced Carrots Wheat Hamburger Bun Diced Pears Fortified Juice</p>	<p>28) Turkey A La King Whipped Potatoes Mixed Vegetables Wheat Roll w/Marg Fruit Cocktail 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
MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE

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