

**September 2018 HOT MEALS-Home Delivered**

*Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) Offices Closed-Frozen Meals were sent on 8/27 for use today.</p> 	<p>4) Beef Hot Dog w/Chili Sauerkraut Apple Crisp Potato Salad Wheat Hot Dog Bun Mustard Cranberry Juice Milk</p>	<p>5) 10 Grain Pollock Corn O'Brien Sliced Carrots Dinner Roll w/Marg Strawberry Glazed Fruit Orange Juice Milk <i>PFS-Honey Baked Chicken</i></p>	<p>6) Chicken Shawarma Yellow Rice Mixed Fruit Crisp Diced Tomato Salad Wheat Pita Bread Grape Juice Milk</p>	<p>7) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Green Beans Garlic Breadstick w/Marg Fresh Fruit Cranberry Juice Milk</p>
<p>10) Hawaiian Chicken Black Beans &amp; Rice Zucchini &amp; Squash Wheat Bread w/Marg Fresh Fruit Cranberry Juice Milk</p>	<p>11) Cheese Lasagna Roll Up w/Tomato Basil Sauce Mixed Vegetables Wheat Bread w/Marg Pineapple Tidbits Orange Juice Milk</p>	<p>12) Sweet &amp; Sour Meatballs Confetti Rice Sliced Carrots Wheat Bread w/Marg Fresh Fruit Cranberry Juice Milk</p>	<p>13) Sliced Turkey w/Gravy Delmonico Potatoes Brussels Sprouts Dinner Roll w/Marg Applesauce Grape Juice Milk</p>	<p>14) BBQ Chicken Thigh Black Eyed Peas Collard Greens Biscuit w/Marg Peaches &amp; Pears Orange Juice Milk</p>
<p>17) Meatloaf w/Gravy Sweet Potatoes Mixed Vegetables Wheat Bread w/Marg Tropical Fruit Grape Juice Milk</p>	<p>18) Breaded Chicken Patty w/Marinara Sauce Garlic Rotini Spinach Italian Bread w/Marg Mandarin Oranges &amp; Pineapple Apple Juice Milk</p>	<p>19) Italian Turkey Sausage Sauteed Peppers &amp; Onions Crispy Cubed Potatoes Wheat Hot Dog Bun Mustard Sliced Pears Cranberry Juice Milk</p>	<p>20) Potato Crusted Fish Brown Rice Green Peas Wheat Bread w/Marg Tartar Sauce Fresh Fruit Orange Juice Milk <i>PFS- Baked Chicken w/Gravy</i></p>	<p>21) Beef &amp; Bean Burrito w/Enchilada Sauce Mixed Beans Summer Vegetables Fresh Fruit Cranberry Juice Milk</p>
<p>24) Hamburger Baked Beans Sliced Carrots Wheat Hamburger Bun Ketchup Applesauce Orange Juice Milk</p>	<p>25) Krabby Cake Green Beans Hot Spiced Fruit Coleslaw Wheat Hamburger Bun Tartar Sauce Milk <i>PFS- Honey Baked Chicken</i></p>	<p>26) Glazed Ham Oven Roasted Potatoes Spinach Biscuit w/Marg Fresh Fruit Orange Juice Milk <i>PFS-Swiss Steak</i></p>	<p>27) Creamy Paprika Chicken Rice Pilaf Ratatouille Whole Wheat Roll w/Marg Sliced Pears Apple Juice Milk</p>	<p>28) Bruschetta Beef Whole Grain Garlic Rotini Brussels Sprouts Garlic Breadstick w/Marg Pineapple Tidbits Grape Juice Milk</p>
				

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) Offices Closed-Frozen Meals were sent on 8/27 for use today.</p> 	<p>4) Tuna Salad Black Eyed Pea Salad Fresh Fruit Kaiser Roll Fortified Juice</p> <p><i>PFS-Egg Salad</i></p>	<p>5) Sliced Roast Beef &amp; Swiss Cheese Coleslaw Applesauce Wheat Bread Mayo Fortified Juice</p>	<p>6) Turkey Chef Salad w/Dressing Confetti Corn Salad Tropical Fruit Wheat Roll Fortified Juice</p>	<p>7) Sliced Turkey, Ham, &amp; Cheese Pasta Salad Fresh Fruit French Baguette Mayo Fortified Juice <i>PFS-Sliced Turkey &amp; Cheese</i></p>
<p>10) Sliced Ham &amp; Swiss Cheese Potato Salad Fresh Fruit Pumpnickel Bread Mustard Fortified Juice <i>PFS-Sliced Roast Beef &amp; Cheese</i></p>	<p>11) Egg Salad Carrot Raisin Salad Fruit Cocktail Kaiser Roll Fortified Juice</p>	<p>12) Chicken Salad Mixed Vegetable Salad Pineapple Tidbits Wheat Pita Bread Fortified Juice</p>	<p>13) Southwest Chicken Salad w/Dressing Pasta Salad Tropical Fruit Wheat Roll Fortified Juice</p>	<p>14) Sliced Roast Beef White Bean Salad w/Olives Fresh Fruit Wheat Hamburger Bun Mayo Fortified Juice</p>
<p>17) Tuna Salad Copper Pennies Diced Pears Club Roll Fortified Juice</p> <p><i>PFS-Egg Salad</i></p>	<p>18) Sliced Roast Beef &amp; Cheese Green Bean Salad Diced Peaches Wheat Bread Mayo Fortified Juice</p>	<p>19) Spinach Salad w/Chicken Salad Dressing Chickpea Salad Fresh Fruit Wheat Roll Fortified Juice</p>	<p>20) Sliced Turkey &amp; Swiss Cheese Coleslaw Pineapple Tidbits Rye Bread Mayo Fortified Juice</p>	<p>21) Baked Chicken Breast w/Pesto Sauce Broccoli Raisin Salad Tropical Fruit Kaiser Roll Fortified Juice</p>
<p>24) Seafood Salad Pineapple Slaw Fresh Fruit Wheat Pita Bread Fortified Juice</p> <p><i>PFS-Chicken Salad</i></p>	<p>25) Asian Chicken Salad w/Dressing Green Pea Salad Fresh Fruit Wheat Roll Fortified Juice</p>	<p>26) Sliced Turkey &amp; Swiss Carrot Raisin Salad Pineapple Tidbits Kaiser Roll Mayo Fortified Juice</p>	<p>27) Egg Salad Mandarin Beets w/Citrus Dressing Applesauce Wheat Bread Fortified Juice</p>	<p>28) Sliced Roast Beef &amp; Cheese Black Eyed Pea Salad Fresh Fruit French Baguette 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

**OVER →**

MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.