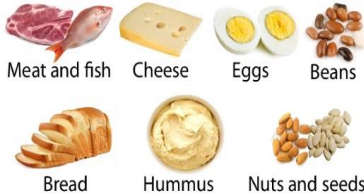



APRIL 2024 HOT MEALS- Home Delivered *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Swedish Beef Meatballs Penne Pasta Green Peas Carrots WW Bread Tropical Fruit Milk	2) Baked Chicken w/ Onion Gravy Roasted Redskin Potatoes Spinach Creole Cucumber Salad Italian Bread Mandarin Oranges & Milk	3) Cheeseburger on WW Bun Steak Fries Beet Salad Cole Slaw Applesauce Milk	4) Honey Ginger Ham Macaroni & Cheese Broccoli WW Bread Fresh Fruit Milk PFS- Honey Ginger Turkey	5) 10 Grain Pollack Black-eyed Peas Okra/Tomatoes/Corn Macaroni Salad Dinner Roll Fresh Fruit & Milk PFS-Swiss Steak
8) Turkey w/ Country Gravy Spiced Yams Brussels Sprouts Three Bean Salad WG Roll Applesauce Milk	9) Pulled BBQ Pork on WW Bun Baked Beans Collard Greens Fresh Fruit Milk PFS BBQ Chicken	10) Ancho Lime Chicken Spanish Rice Fiesta Veg Blend Flour Tortilla Fresh Fruit Milk	11) Roast Beef w/ Au Jus Mashed Potatoes Glazed Carrots WG Roll Cucumber Onion Salad Mixed Fruit Milk	12) Stuffed Shells w/ Marinara Zucchini Cauliflower Mixed Green Salad Italian Breadstick Pineapple Tidbits Milk
15) Santa Fe Beef Chili Brown Rice Broccoli Cornbread Muffin Fresh Fruit Milk	16) Turkey w/ Apple Cranberry Demi-Glace Macaroni & Cheese Green Peas Beet Salad Mixed Green Salad Dinner Roll Fruit & Milk	17) Cabbage Roll w/ Marinara Sauce Mashed Potatoes Herbed Green Beans WW Bread Fresh Fruit Milk	18) Chicken Shawarma Yellow Rice Curry Okra & Tomatoes Mixed Green Salad Pita Bread Tropical Fruit Milk	19) Lemon Caper Tilapia Lima Beans Carrots Cucumber Tomato Salad WG Roll Mandarin Oranges Milk PFS-Lemon Caper Chicken
22) Creamy Pesto Chicken w/ Ziti Ratatouille Italian Bread Mixed Fruit Milk	23) Pork Loin w/ Cider Mustard Glaze Roasted Potatoes California Blend WW Roll Fresh Fruit & Milk PFS-Turkey w/ Cider Glaze	24) Sweet & Sour Beef Meatballs Brown Rice Green Peas Carrots WW Bread Tropical Fruit & Milk	25) Honey BBQ Chicken Black-eyed Peas Collard Greens Beet Salad Potato Roll Pineapple Tidbits Milk	26) Potato Crusted Pollack Au gratin Potatoes Broccoli Dinner Roll Fresh Fruit & Milk PFS- Roast Beef
29) Rotini w/ marinara Meat Sauce Yellow Squash Green Beans WG Garlic Breadstick Tropical Fruit & Milk	30) Caribbean Glaze Chicken Thigh & Drumstick Black Beans Plantains Cucumber/Onion Salad WG Roll Mandarin Oranges & Milk			

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APRIL 2024 **COLD MEALS-Home Delivered** *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Chicken Salad on Rye Bread Three Bean Salad Fresh Fruit Fortified Juice	2) Tuna Salad on Potato Bun Lemon Dijon Carrot Salad Pineapple Tidbits Fortified Juice PFS-Turkey	3) Greek Chicken Salad Pasta Salad WG Garlic Breadstick Fresh Fruit Fortified Juice	4) Roast Beef & Muenster Cheese on WW Bread Black-eyed Pea Salad Fresh Fruit Fortified Juice	5) Turkey & American Cheese on WW Bread Coleslaw Mandarin Oranges Fortified Juice
8) Egg Salad on Wheat Bread Macaroni Salad Fresh Fruit Fortified Juice	9) Turkey Salad on Croissant Mixed Green Salad Tropical Fruit Fortified Juice	10) Sliced Roast Beef & Swiss Cheese on Rye Bread White bean Salad w/ Olives Fresh Fruit Fortified Juice	11) Chicken Pasta Salad Broccoli Raisin Salad WG Roll Mandarin Oranges Fortified Juice	12) Tuna Salad on WW Pita Copper Pennies Fresh Fruit Fortified Juice PFS-Egg Salad
15) Curry Chicken Salad on Wheat Bread Green Pea Salad Pineapple Tidbits Fortified Juice	16) Krab Salad on Kaiser Bun Apple Slaw Tropical Fruit Fortified Juice	17) Ham & American Cheese on Rye Bread Citrus Carrot Salad Cinnamon Applesauce Fortified Juice	18) Roast Beef & Cheddar Cheese on WW Bread Potato Salad Fresh Fruit Fortified Juice	19) Asian Chicken Salad WG Roll Mediterranean Lentil Salad Fresh Fruit Fortified Juice
22) Ham & Provolone Cheese on WW Bread Couscous Salad Fresh Fruit Fortified Juice	23) Egg Salad on Wheat Bread Mexican Coleslaw Mandarin Oranges Fortified Juice	24) Spinach Salad w/ Chicken WG Pasta Salad WG Roll Fresh Fruit Fortified Juice	25) Salmon Salad on Kaiser Roll Carrot Raisin Salad Tropical Fruit Fortified Juice PFS- Egg Salad	26) Turkey & American Cheese on WW Bread Patriotic Bean Salad Fresh Fruit Fortified Juice
29) Chicken Salad on Croissant Carrot Raisin Salad Mixed Fruit Fortified Juice	30) Turkey & Provolone on Rye Bread Tex-Mex Pasta Salad Fresh Fruit Fortified Juice	Foods High in Protein  Meat and fish Cheese Eggs Beans Bread Hummus Nuts and seeds		

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