



April 2022 HOT MEALS -Home Delivered

Meals on Wheels of Central Maryland



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Veggie Burger on WW Bun Ranch Beans Glazed Carrots Pears & Orange Juice Ketchup Milk
4) Swedish Meatballs w/ Penne Pasta Carrots WW Bread Applesauce & Orange Juice Milk	5) Cherry Dijon Chicken Confetti Rice Broccoli Wheat Bread Fresh Fruit Milk	6) Hamburger on WW Bun Tater Tots Green Peas Ketchup Pears & Orange Juice Milk	7) Chicken Tenders Mac & Cheese Green Beans Whole Wheat Bread Mandarin Oranges & Apple Juice Milk	8) 10 Grain Pollack w/ Tartar Sauce Black-eyed Peas Collard Greens Wheat Bread Fresh Fruit Milk PFS-Swiss Steak
11) Chicken Alfredo Broccoli Hot Spiced Pears WW Bread Apple Juice Milk	12) Sloppy Joe on Hamburger Bun Ranch Beans Collard Greens Fresh Fruit Milk	13) Southwest Chicken Spanish Rice Mexical Veg Blend WW Bread Mandarin Oranges & Grape Juice Milk	14) Meatballs w/Gravy Whipped Potatoes Glazed Carrots WW Roll Fresh Fruit Milk	15) Stuffed Shells w/ Marinara Sauce Corn Green Peas Wheat Bread Applesauce & Orange Juice Milk
18) Honey Baked Chicken Au Gratin Potatoes Broccoli WW Roll Fresh Fruit & Milk <i>Holiday Dessert</i>	19) Turkey w/ Gravy Lima Beans Carrots WW Bread Mandarin Oranges & Apple Juice Milk	20) Beef Cabbage Casserole Green Beans Hot Spiced Pears WW Bread Orange Juice Milk	21) Chicken Tikka Lemon Rice Collard Greens Naan Bread Fresh Fruit Milk	22) Glazed Ham Hash Brown Casserole Scalloped Tomatoes Wheat Bread Applesauce & Orange Juice Milk PFS- Turkey w/ Pineapple Glaze
25) Chicken Cacciatore Buttered Penne Green Beans Wheat Bread Applesauce & Orange Juice Milk	26) Turkey Stew Diced Potatoes Broccoli WW Roll Fresh Fruit Milk	27) Beef/Chicken Meatballs w/ Sweet & Sour Sauce Brown Rice/ Green Peas WW Bread Mandarin Oranges & Apple Juice Milk	28) BBQ Chicken Black-eyed Peas Mustard Greens Wheat Bread Pineapple Chunks & Orange Juice Milk	29) 10 Grain Pollack w/ Tartar Potato Wedges/ Carrots Wheat Bread Fresh Orange Milk PFS – Chicken Nuggets

April 2022 COLD MEALS-Home Delivered *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Turkey Chef Salad w/ Dressing WW Roll Macaroni Salad Fresh Fruit Fortified Juice
4) Zesty Baja Chicken Salad on WW Bread Three Bean Salad Fresh Fruit Fortified Juice	5) Turkey Salad on Bun Copper Pennies Pineapple Fortified Juice	6) Oriental Chicken Salad w/ Dressing Pasta Salad WW Roll Fresh Fruit Fortified Juice	7) Roast Beef w/ Provolone on Wheat Black-eyed Pea Salad Fresh Fruit Mayonnaise Fortified Juice	8) Egg Salad on WW Bread Beets w/ Citrus Dressing Applesauce Fortified Juice
11) Chicken Salad on Wheat Macaroni Salad Fresh Fruit Fortified Juice	12) Turkey Salad on Bun Green Pea Salad Tropical Fruit Fortified Juice	13) Turkey & Cheese on WW Bread Mustard White Bean Salad w/ Olives Fresh Fruit Fortified Juice	14) Chicken Pasta Salad Broccoli Raisin Salad Mandarin Oranges WW Roll Fortified Juice	15) Egg Salad on Wheat Citrus Carrot Salad Fresh Fruit Fortified Juice
18) Chicken Salad on Wheat Bread Green Pea Salad Applesauce Fortified Juice	19) Egg Salad on Bun Tomato Basil Salad Tropical Fruit Fortified Juice	20) Turkey & Cheese on WW Bread Mustard Copper Pennies Pineapple Fortified Juice	21) Roast Beef & Cheese on Wheat Bread Mayonnaise Beets w/ Citrus Dressing Fresh Fruit Fortified Juice	22) Turkey Chef Salad w/ Dressing Mediterranean Lentil Salad WW Roll Fresh Fruit
25) Chicken Salad on Wheat Bread Beets w/ Citrus Dressing Pineapple Chunks Fortified Juice	26) Roast Beef & Provolone on WW Bread Mayonnaise Three Bean Salad Fresh Fruit Fortified Juice	27) Turkey Chef Salad w/ Dressing Pasta Salad WW Roll Fresh Fruit Fortified Juice	28) Egg Salad on Bun Carrot Raisin Salad Cinnamon Applesauce Fortified Juice	29) Turkey & Cheese on Wheat Bread Mustard Black-eyed Pea Salad Fresh 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