



April 2023 **HOT MEALS-Home Delivered** *Meals on Wheels of Central Maryland*





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Swedish Meatballs w/ Penne Pasta Green Beans WW Bread Cinnamon Applesauce Orange Juice & Milk	4) Baked Chicken w/ Coconut Curry Sauce Brown Rice Broccoli Wheat Bread Fresh Fruit Milk	5) Sloppy Joes on WW Bun Tater Tots Harvard Beets Pears Orange Juice & Milk	6) Beef Hot Dog on WW Bun Baked Beans Cole Slaw Peach crisp Apple Juice & Milk	7) Ham w/ Pineapple Glaze Scalloped Potatoes Green Peas WW Roll Fluffy Fruit Salad Orange Juice & Milk Oatmeal Cookie PFS-Baked Chicken
10) Turkey & Country Gravy Crispy Cubed Potatoes Brussel Sprouts WW Roll Fresh Fruit Milk	11) BBQ Pulled Pork Ranch Beans Apple Slaw Biscuit Spiced Peaches Grape Juice & Milk PFS-Creole Steak	12) Southwest Chicken Spanish Rice Mexicali Vegetable WW Bread Cinnamon Applesauce Orange Juice & Milk	13) Salisbury Beef w/ Burgundy Sauce Whipped Potatoes Glazed Carrots WW Roll Fresh Fruit Milk	14) Brunswick Stew Brown Rice Green Beans Wheat Bread Mandarin Oranges Apple Juice & Milk
17) Beef Santa Fe Chili Brown Rice Collard Greens Cornbread Muffin Fresh Fruit Milk	18) Chicken Shawarma Lemon Rice Curry Okra & Tomatoes Naan Bread Pineapple Orange Juice & Milk	19) Turkey & Gravy Lima Beans Carrots WW Roll Mandarin Oranges Apple Juice & Milk	20) Ziti Bake Broccoli WW Roll Fresh Fruit Milk	21) Cheese Omelet Tater Tots Stewed Tomatoes Biscuit Cinnamon Applesauce Orange Juice & Milk
24) Chicken Alfredo Ratatouille WW Bread Tropical Fruit Apple Juice & Milk	25) Turkey & Supreme Sauce Whipped Potatoes Green Peas WW Roll Fresh Fruit Milk	26) Sweet & Sour Meatballs Brown Rice Chinese Cabbage WW Bread Applesauce Orange Juice & Milk	27) Honey BBQ Chicken Black-eyed Peas Collard Greens WW Roll Fresh Fruit Milk	28) Potato Crusted Pollack Cheesy Polenta Rosemary Carrots WW Bread Pears Orange Juice & Milk PFS-Swiss Steak
				





April 2023 **COLD MEALS-Home Delivered** *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Chicken Salad on WW Pita Green Pea Salad Fresh Fruit Fortified Juice	4) Tuna Salad on WW Tortilla Lemon Dijon Carrot Salad Pineapple Fortified Juice PFS- Turkey Salad	5) Sesame Chicken Salad Green Bean Salad WW Roll Fresh Fruit Fortified Juice	6) Turkey & American Cheese on WW Bread Black-eyed Pea Salad Fresh Fruit Fortified Juice	7) Roast Beef w/ Cheddar on WW Bread Cole Slaw Mandarin Oranges Fortified Juice
10) Egg Salad on Wheat Bread Three Bean Salad Pineapple Fortified Juice	11) Turkey Salad on Kaiser Roll Cucumber Salad w/ Creole Dressing Tropical Fruit Fortified Juice	12) Roast Beef w/ Provolone Cheese Venetian Pasta Salad Fresh Fruit Fortified Juice	13) Chicken Pasta Salad Broccoli Cran Raisin Salad Strawberry Applesauce WW Roll Fortified Juice	14) Tuna Salad on WW Pita Copper Pennies Fresh Fruit Fortified Juice PFS- Egg Salad
17) Honey Mustard Chicken Salad w/ Raisins Chicken Salad on Wheat Three Bean Salad Pineapple Fortified Juice	18) Tuna Salad on Kaiser Roll Beet Salad Tropical Fruit Fortified Juice PFS- Egg Salad	19) Roast Beef w/ American Cheese on WW Tortilla Citrus Carrot Salad Cinnamon Applesauce Fortified Juice	20) Ham & Provolone Cheese on WW Bread Venetian Pasta Salad Fresh Fruit Fortified Juice PFS-Turkey	21) Asian Chicken Salad Chickpea Salad Fresh Fruit WW Roll Fortified Juice
24) Egg Salad on Wheat Tomato Salsa Applesauce Fortified Juice	25) Ham & Provolone on WW Bread Honey Lime Corn Salad Fresh Fruit Fortified Juice PFS- Roast Beef	26) Turkey Chef Salad WG Penne Pasta Salad Fresh Fruit WW Roll Fortified Juice	27) Tuna Salad on WW Tortilla Lemon Dijon Carrot Salad Tropical Fruit Fortified Juice PFS- Egg Salad	28) Turkey w/ American Cheese on WW Bread Chickpea Salad Fresh Fruit Fortified Juice
				

TO CANCEL A MEAL, SHARE A CONCERN, OR ASK A QUESTION CALL CLIENT ENGAGEMENT AT 410-558-0923

ALL MEAL CANCELLATIONS MUST BE IN NO LATER THAN 10:00 A.M. THE DAY PRIOR. MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE