





# December 2021 HOT MEALS-Home Delivered    *Meals on Wheels of Central Maryland*

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|---|---|---|--|
|    |    | <p>1) Hamburger on WW Bun<br/>Baked Beans<br/>Carrots<br/>Ketchup<br/>Applesauce &amp; Orange Juice<br/>1% Milk</p>   | <p>2) Cranberry Dijon Chicken<br/>Rosemary Potatoes<br/>Cabbage<br/>WW Roll w/Margarine<br/>Pineapples<br/>Grape Juice<br/>1% Milk</p>  | <p>3) Baked Cod w/Newburg Sauce<br/>Confetti Rice<br/>Mixed Vegetables<br/>Wheat Bread w/ Margarine<br/>Fruit Cocktail<br/>Orange Juice<br/>1% Milk<br/>PFS - Turkey</p> |
| <p>6) Turkey Meatballs (6ea)<br/>Sweet &amp; Sour sauce<br/>Rice Medley<br/>Broccoli<br/>WW Roll w Margarine<br/>Fresh Fruit<br/>Grape Juice<br/>1% Milk</p>                              | <p>7) Spaghetti w/ Meat Sauce<br/>WG Penne<br/>Green beans<br/>Wheat bread w/Margarine<br/>Sliced Apples<br/>Orange Juice<br/>1% Milk</p>                             | <p>8) Oven Fried Chicken<br/>Black-eyed Peas<br/>Mixed Greens<br/>WW Bread w/Margarine<br/>Tropical Fruit &amp; Apple Juice<br/>1% Milk</p>                                       | <p>9) Panko Breaded Pollack<br/>Crispy Cubed Potatoes<br/>Harvard Beets<br/>Dinner Roll w/Margarine<br/>Fresh Fruit &amp; Orange Juice<br/>Tarter Sauce<br/>1% Milk<br/>PFS- Turkey</p>   | <p>11) Pork Loin w/ Gravy<br/>Mashed Spiced Yams<br/>Green Peas<br/>WW Roll w/ margarine<br/>Applesauce &amp; Orange Juice<br/>1% Milk<br/><br/>PFS- Salisbury Steak</p> |
| <p>13) Beef Tamale Stew<br/>Roasted Diced Potatoes<br/>Spinach<br/>Cornbread Muffin w/ Margarine<br/>Fruit Cocktail &amp; Orange Juice<br/>1% Milk</p>                                    | <p>14) Honey Balsamic Chicken<br/>Leg Quarter<br/>Braised Lentils<br/>Mixed Vegetables<br/>WW Bread w/ Margarine<br/>Tropical Fruit &amp; Apple Juice<br/>1% Milk</p> | <p>15) Breaded Pollack w/ Tartar<br/>Potato Wedges<br/>Broccoli<br/>WW Hamburger Bun<br/>Fresh Fruit &amp; Grape Juice<br/>Ketchup<br/>1% Milk<br/>PFS- Chicken Patty w/ Mayo</p> | <p>16) Teriyaki Meatballs<br/>Confetti Rice<br/>Carrots<br/>Dinner Roll w/ Margarine<br/>Pineapples &amp; Orange Juice<br/>1% Milk</p>  | <p>17) Beef Hot Dog on WW Bun<br/>Corn Casserole<br/>Green Peas<br/>Mandarin oranges<br/>Grape Juice<br/>Ketchup &amp; Mustard<br/>1% Milk</p>                           |
| <p>20) Fiesta Chicken<br/>Cilantro Lime Rice<br/>Mexical Blend<br/>WW Bread w/ Margarine<br/>Mandarin Oranges<br/>Apple Juice<br/>1% Milk</p>   | <p>21) Roast Beef w/ Gravy<br/>Garlic Mashed Potatoes<br/>Glazed Carrots<br/>Dinner Roll w/ Margarine<br/>Tropical Fruit &amp; Grape Juice<br/>1% Milk</p>            | <p>22) BBQ Pork Patty on WW Bun<br/>Baked Beans<br/>Mixed Vegetables<br/>Diced Peaches &amp; Orange Juice<br/>1% Milk<br/>PFS BBQ Beef Patty</p>                                  | <p>23) <i>Cranberry Dijon Chicken</i><br/><i>Au Gratin Potatoes</i><br/><i>Mixed Vegetables</i><br/><i>WW Roll w/ Margarine</i><br/><i>Ambrosia Salad</i><br/><i>Holiday Dessert</i><br/><i>Cranberry Juice &amp; 1% Milk</i></p> | <p>24) Offices Closed</p>   |
| <p>27) Potato Crusted Fish w/ Tartar<br/>Mac \$ Cheese<br/>Herbed Green Beans<br/>Dinner Roll w/ margarine<br/>Peaches &amp; Orange Juice<br/>1% Milk<br/>PFS – Honey Mustard Chicken</p> | <p>28) Honey BBQ Chicken Leg Quarter<br/>Baked Beans<br/>Cabbage<br/>WW Bread w/ Margarine<br/>Tropical Fruit &amp; Apple Juice<br/>1% Milk</p>                       | <p>29) Beef Ziti Bake<br/>Mixed Greens<br/>Wheat Bread w/ Margarine<br/>Hot Spiced Fruit<br/>Orange Juice<br/>1% Milk</p>   | <p>30) <i>Ham &amp; Pineapple Glaze</i><br/><i>Black-eyed peas</i><br/><i>Cabbage</i><br/><i>Cornbread Muffin w/ Margarine</i><br/><i>Fresh Fruit</i><br/><i>Cinnamon Roll</i><br/><i>1% Milk</i><br/><i>PFS- Turkey</i></p>      | <p>31) Offices Closed</p>   |

## December 2021 COLD MEALS-Home Delivered Meals on Wheels of Central Maryland

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
|   |                                       | 1) Turkey & Swiss on WW Bread w/ Mustard<br>Cole Slaw<br>Mandarin Oranges<br>Fortified Juice                               | 2) Tuna Salad on WW Pita<br>Green Pea Salad<br>Tropical Fruit Salad<br>Fortified Juice<br>PFS- Egg Salad     | 3) Turkey Salad on WW Bread<br>Black-eyed Pea Salad<br>Fresh Fruit<br>Fortified Juice                       |
| 6) Roast Beef & Swiss on WW Bread<br>Beets w/Citrus Dressing<br>Applesauce<br>Fortified Juice<br>Mayonnaise                  | 7) Lemon Pepper Tuna Salad<br>Kaiser Roll<br>Green Pea Sala<br>Tropical Fruit<br>Fortified Juice<br><br>PFS- Egg Salad | 8) Ham & Cheese on WW Bread w/ Mustard<br>Tex-Mex Pasta Salad<br>Fresh Fruit<br>Fortified Juice<br><br>PFS-Turkey & Cheese | 9) Zesty Baja Chicken Salad on Wheat Bread<br>Carrot Raisin Salad<br>Mandarin & Pineapple<br>Fortified Juice | 10) Turkey Pasta Salad<br>Chick Pea Salad<br>Fresh Fruit<br>WW Roll<br>Fortified Juice                      |
| 13) Turkey & Cheese on Kaiser Roll w/ Mustard<br>Copper Pennies<br>Pineapple Chunks<br>Fortified Juice                       | 14) Egg Salad on WW Bread<br>Confetti Corn Salad<br>Fresh Fruit<br>Fortified Juice                                     | 15) Roast Beef w/ Muenster on Hamburger Bun<br>White Bean Salad w/Olives<br>Mustard<br>Fortified Juice                     | 16) Turkey Salad on WW Pita<br>Pasta Salad<br>Fresh Fruit<br>Fortified Juice                                 | 17) Chicken Pasta Salad<br>Three Bean Salad<br>Tropical Fruit<br>WW Roll<br>Fortified Juice                 |
| 20) Roast Beef & Cheddar on Wheat Bread<br>Pattriotic bean Salad<br>Fresh Fruit<br>Mayonnaise<br>Fortified Juice             | 21) Chicken Breast on Kaiser Roll w/ Honey Mustard<br>Padsta Salad<br>Fresh Fruit<br>Fortified Juice                   | 22) Turkey & Cheese on WW Bread w/ Mustard<br>Couscous Salad<br>Fresh Fruit<br>Fortified Juice                             | 23) Egg Salad on WW Bread<br>Mexican Coleslaw<br>Mandarin Oranges<br>Fortified Juice                         | 24) Offices Closed<br>   |
| 27) Ham & Cheese on Wheat Bread w/ Mustard<br>Copper Pennies<br>Tropical Fruit<br>Fortified Juice<br><br>PFS-Turkey & Cheese | 28) Tuna Salad on WW Pita<br>Green Pea Salad<br>Peaches & Pineapple<br>Fortified Juice<br><br>PFS- Egg Salad           | 29) Turkey & Cheese on WW Bread w/ Mayonnaise<br>Apple Slaw<br>Mandarin & Pineapple<br>Fortified Juice                     | 30) Chicken Salad on Hamburger Bun<br>Mediterranean Lentil Salad<br>Fresh Fruit<br>Fortified Juice           | 31) Offices Closed<br> |

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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