





***December 2022* HOT MEALS-Home Delivered**

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1) Baked Chicken w/ Mediterranean Sauce Orzo w/ Asparagus Squash & Zucchini WW Roll Fresh Fruit Milk</p>	<p>2) 10 Grain Pollack Confetti Rice Mixed Vegetables Wheat Bread Fruit Cocktail Orange Juice & Milk PFS-Swiss Steak</p>
<p>5) Turkey Meatballs w/ Sweet & Sour Sauce Garden Medley Rice Broccoli WW Roll Fresh Fruit Milk</p>	<p>6) Ziti Bake Green Beans Spiced Pears Wheat Bread Orange Juice Milk</p>	<p>7) Baked Chicken Black-eyed Peas Mixed Greens WW Bread Tropical Fruit & Apple Juice Milk</p>	<p>8) Fish Cakes / Dinner Roll Rosemary Potatoes Harvard Beets Dinner Roll Applesauce Orange Juice & Milk</p>	<p>9) Salisbury Beef w/ Gravy Mashed Spiced Yams California Veg Blend WW Roll Fresh Fruit Milk</p>
<p>12) Turkey Sausage w/ Red Beans Parslied Rice Mixed Vegetables WW Roll Applesauce Orange Juice & Milk</p>	<p>13) Baked Chicken w/ Pumpkin Seed Mole Braised Lentils Green Peas WW Bread Tropical Fruit & Apple Juice Milk</p>	<p>14) Potato Crusted Fish w/ Tartar Sauce Cream Style Corn Broccoli WW Roll Fresh Fruit & Milk PFS-Popcorn Chicken</p>	<p>15) Teriyaki Meatballs Confetti Rice Carrots Dinner Roll Pineapple Chunks & Orange Juice Milk</p>	<p>16) Cheese Omelet Tater Tots Stewed Tomatoes Biscuit Fresh Fruit Milk</p>
<p>19) Southwest Chicken Breast Cilantro Lime Rice Mexicali Veg Blend WW Bread Mandarin Oranges Apple Juice & Milk</p>	<p>20) Roast Beef & Gravy Garlic Whipped Potatoes Glazed Carrots Dinner Roll Fresh Fruit Milk</p>	<p>21) Hamburger on WW Bun Baked Beans Mixed Vegetables Pears & Orange Juice Milk</p>	<p>22) Cranberry Dijon Chicken Au Gratin Potatoes Green Beans WW Roll Ambrosia Salad Orange Juice & Milk Apple Pie</p>	<p>23) Beef Santa Fe Chili Brown Rice Broccoli Cornbread Muffin Spiced Apples & Grape Juice Milk</p>
<p>26) Offices Closed</p> 	<p>27) Honey BBQ Chicken Baked Beans Cabbage WW Bread Fresh Fruit & Milk</p>	<p>28) Greek Pastitsio Mixed Greens Spiced Fruit Wheat Bread Orange Juice & Milk</p>	<p>29) Turkey & Gravy Whipped Potatoes Broccoli WW Roll Fresh Fruit & Milk</p>	<p>30) Pineapple Glazed Ham Black-eyed Peas Cabbage Cornbread Muffin Fresh Fruit & Milk Chocolate Brownie PFS-Glazed Turkey</p>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Tuna Salad on WW Pita Green Pea Salad Tropical Fruit Fortified Juice PFS-Egg Salad	2) Ham & American Cheese on Kaiser Citrus Carrot Salad Pineapple Fortified Juice Mayonnaise PFS-Turkey
5) Turkey Quinoa Salad Chickpea Salad WW Roll Fresh Fruit Fortified Juice	6) Asian Chicken Salad WW Roll Black Bean Rice Salad Assorted Dressing Fresh Fruit Fortified Juice	7) Ham & American Cheese on WW Bread Mustard Tex-Mex Pasta Salad Fresh Fruit Fortified Juice PFS-Turkey	8) Chicken Salad on WW Bread Lemon Dijon Carrot Salad Pineapple Chunks Fortified Juice	9) Roast Beef w/ Muenster Cheese on WW Bread Fresh Fruit Fortified Juice
12) Chicken Pasta Salad Three Bean Salad Tropical Fruit WW Roll Fortified Juice	13) Tuna Salad Confetti Corn Salad Fresh Fruit WW Bread Fortified Juice PFS-Egg Salad	14) Roast Beef & Provolone Cheese on WW Bun Mustard White Bean Salad w/ Olives Fresh Fruit Fortified Juice	15) Turkey Salad on WW Pita Pasta Salad Fresh Fruit Fortified Juice	16) Turkey & American Cheese on Kaiser Roll Mustard Copper Pennies Pineapple Chunks Fortified Juice
19) Chicken Salad on WW Pita Honey Ginger Carrots Tropical Fruit Fortified Juice	20) Greek Chicken Salad w/WW Roll Pasta Salad Fresh Fruit Fortified Juice	21) Turkey & American Cheese on WW Bread Mustard Mediterranean Lentil Salad Fresh Fruit Fortified Juice	22) Egg Salad on WW Bread Cucumber Salad w/Creole Dressing Mandarin Oranges Fortified Juice	23) Ham & Cheddar Cheese on WW Bun Mayonnaise Black-eyed Pea Salad Fresh Fruit Fortified Juice PFS-Roast Beef
26) Offices Closed 	27) Tuna Salad on WW Pita Green Pea Salad Peaches & Pineapple Fortified Juice PFS-Egg Salad	28) Turkey & Provolone Cheese on WW Bread Popper Pennies Fluffy Fruit Salad Fortified Juice	29) Chicken Caesar Salad w/ Assorted Dressing Mediterranean Lentil Salad Fresh Fruit Fortified Juice	30) Turkey Salad on WW Pita Tuscany Vegetable Pasta Salad Mandarin Oranges Fortified Juice

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