<table>
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<tr>
<th>MONDAY</th>
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<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>3) Teriyaki Meatballs, Confetti Rice, Sliced Carrots, Dinner Roll w/Marg, Pineapple Tidbits, Orange Juice, Milk</td>
<td>4) Beef Hot Dog, Corn Casserole, Green Beans, WW Hot Dog Bun, Ketchup &amp; Mustard, Pears, Cranberry Juice, Milk</td>
<td>5) Beef Tamale Stew, Roasted Diced Potatoes, Spinach, Corn Muffin w/Marg, Mandarin Oranges &amp; Pineapple, Cranberry Juice, Milk</td>
<td>6) Grilled Chicken w/Honey Balsamic Sauce, Braised Lentils, Mixed Vegetables, WW Bread w/Marg, Tropical Fruit, Apple Juice, Milk</td>
<td>7) Breaded Chicken Patty, Potato Wedges, Broccoli, WW Hamburger Bun, Ketchup &amp; Mayo, Sliced Peaches, Fruit Punch, Milk</td>
<td>8) Sliced Turkey w/Apricot Sauce, Scalloped Potatoes, Broccoli, WW Bread w/Marg, Fruit Cocktail, Fruit Punch, Milk</td>
<td>9) Hamburger, Baked Beans, Mixed Vegetables, WW Hamburger Bun, Cinnamon Applesauce, Cranberry Juice, Milk</td>
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<tr>
<td>10) Baked Meatballs w/Marinara Sauce, Buttered Rotini, Caprì Vegetables, Italian Bread w/Marg, Fruit Cocktail, Cranberry Juice, Milk</td>
<td>11) Caribbean Spiced Chicken, Confetti Rice, Cabbage Medley, WW Roll w/Marg, Pineapple Tidbits, Apple Juice, Milk</td>
<td>12) Salisbury Steak w/Gravy, White Beans w/Arugula, Broccoli, WW Bread w/Marg, Diced Peaches, Cranberry Juice, Milk</td>
<td>13) Sliced Turkey w/Dijon Herb Sauce, Scalloped Potatoes, Sliced Carrots, Wheat Bread w/Marg, Tropical Fruit, Apple Juice, Milk</td>
<td>14) Swiss Steak w/Gravy, Corn Casserole, Brussels Sprouts, WW Bread w/Marg, Applesauce, Cranberry Juice, Milk</td>
<td>15) Beef &amp; Rice Casserole, Buttered Peas, Capers, Hot Spiced Fruit, WW Bread w/Marg, Orange Juice, Milk</td>
<td>16) Chicken Chili Corn, Mixed Greens, Saltine Crackers, Diced Pears, Cranberry Juice, Milk</td>
</tr>
<tr>
<td>17) Offices Closed - Additional Meals were sent out on 2/10 since there is no delivery today.</td>
<td>18) Beef Hot Dog, Baked Beans, Spinach, WW Hot Dog Bun, Mustard &amp; Ketchup, Tropical Fruit, Fruit Punch, Milk</td>
<td>19) Baked Chicken w/Cacciatori Sauce, Buttered Bow Tie Pasta, Green Peas, Italian Bread w/Marg, Diced Pears, Cranberry Juice, Milk</td>
<td>20) Veggie Burger w/Cuban Sauce, Roasted Sweet Potatoes, Green Beans, WW Roll w/Marg, Pineapple Tidbits, Cranberry Juice, Milk</td>
<td>21) Meatloaf, Buttered Peas, Mixed Vegetables, Wheat Bread w/Marg, Diced Peaches, Cranberry Juice, Milk</td>
<td>22) BBQ Beef Riblet, Potato Wedges, Green Beans, WW Hamburger Bun, Applesauce, Cranberry Juice, Milk</td>
<td>23) Creamy Paprika Chicken, Lima Beans, Mixed Vegetables, WW Bread w/Marg, Diced Peaches, Orange Juice, Milk</td>
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<tr>
<td>24) Swedish Meatballs, Buttered Penne, Sliced Carrots, WW Bread w/Marg, Cinnamon Applesauce, Cranberry Juice, Milk</td>
<td>25) Baked Chicken w/Coconut Curry Sauce, Brown Rice, Broccoli, WW Hamburger Bun, Mayo &amp; Ketchup, Fruit Cocktail, Apple Juice, Milk</td>
<td>26) Hamburger, Sliced Cheese, Crispy Cubed Potatoes, Harvard Beets, WW Hamburger Bun, Mayo &amp; Ketchup, Diced Pears, Cranberry Juice, Milk</td>
<td>27) BBQ Beef Riblet, Macaroni &amp; Cheese, Green Beans, WW Bread w/Marg, Tropical Fruit, Fruit Punch, Milk</td>
<td>28) Grilled Chicken w/Gravy, Black Eyed Peas, Okra, Tomatoes, &amp; Corn, WW Bread w/Marg, Pineapple Tidbits, Orange Juice, Milk</td>
<td>29) Sliced Turkey w/Gravy, Whipped Potatoes, Green Peas, WW Roll w/Marg, Diced Peaches, Apple Juice, Milk</td>
<td>3/1) Beef Fiesta Mac, Corn, Green Beans, WW Roll w/Marg, Diced Peaches, Orange Juice, Milk</td>
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**February 2020 Frozen Meals**  
**Meals on Wheels of Central Maryland**

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| 3) Beef Chili w/Beans  
Parsleyed Rice  
Mixed Greens  
Saltine Crackers  
Sliced Pears  
Fortified Juice | 4) Chicken Breast  
w/Pineapple Sauce  
Rice Pilaf  
Green Peas  
WW Bread w/Marg  
Sliced Peaches  
Fortified Juice | 5) Sliced Turkey  
w/Gravy  
Whipped Potatoes  
Garden Vegetables  
WW Roll w/Marg  
Cinnamon Applesauce  
Fortified Juice | 6) BBQ Beef Riblet  
Cabbage  
Mixed Greens  
WW Roll w/Marg  
Mandarin Oranges  
Fortified Juice | 7) Chicken Breast  
w/Gravy  
Mashed Spiced Yams  
Green Beans  
Dinner Roll w/Marg  
Tropical Fruit  
Fortified Juice |

| 8) Chicken Breast  
w/Gravy  
Rice Pilaf  
Green Peas  
WW Roll w/Marg  
Diced Pears  
Fortified Juice | 9) Sliced Turkey  
w/Gravy  
Garlic Whipped Potatoes  
Green Beans  
WW Bread w/Marg  
Mandarin Oranges & Pineapple Tidbits  
Fortified Juice | 10) Sliced Turkey  
w/Gravy  
Garlic Whipped Potatoes  
Green Beans  
WW Bread w/Marg  
Mandarin Oranges & Pineapple Tidbits  
Fortified Juice | 11) Salisbury Steak  
w/Gravy  
Macaroni & Cheese  
Spinach  
WW Roll w/Marg  
Fortified Juice | 12) Chicken Breast  
w/Sweet & Sour Sauce  
Confetti Rice  
Mixed Vegetables  
Wheat Bread w/Marg  
Diced Pears  
Fortified Juice | 13) Creole Steak  
Lima Beans  
Country Vegetables  
WW Roll w/Marg  
Fortified Juice | 14) Pineapple Chicken  
Cut Yams  
Green Peas  
WW Bread w/Marg  
Mandarin Oranges  
Fortified Juice |

| 15) Offices Closed-Additional Meals were sent out on 2/10 since there is no delivery today. | 16) Sliced Turkey  
w/Mexican Picante Sauce  
Mexican Rice  
Fiesta Vegetables  
WW Bread w/Marg  
Mandarin Oranges  
Fortified Juice | 17) offices closed-Additional Meals were sent out on 2/10 since there is no delivery today. | 18) Sliced Turkey  
w/Mexican Picante Sauce  
Mexican Rice  
Fiesta Vegetables  
WW Bread w/Marg  
Mandarin Oranges  
Fortified Juice | 19) Sliced Turkey  
w/Apricot Mustard Sauce  
Braised Lentils  
Sliced Carrots  
Wheat Bread w/Marg  
Applesauce  
Fortified Juice | 20) Salisbury Steak  
w/Gravy  
Whipped Potatoes  
California Vegetables  
WW Bread w/Marg  
Sliced Pears  
Fortified Juice | 21) Chicken Breast  
w/Alfredo Sauce  
WG Penne Pasta  
Green Peas  
WW Roll w/Marg  
Fruit Cocktail  
Fortified Juice |

| 22) Sliced Turkey  
w/Gravy  
Buttermilk Potatoes  
Mixed Vegetables  
WW Bread w/Marg  
Diced Pears  
Fortified Juice | 23) Beef Italiano  
Scalloped Potatoes  
Green Beans  
WW Bread w/Marg  
Mandarin Oranges  
Fortified Juice | 24) Sliced Turkey  
w/Gravy  
Buttermilk Potatoes  
Mixed Vegetables  
WW Bread w/Marg  
Diced Pears  
Fortified Juice | 25) Beef Italiano  
Scalloped Potatoes  
Green Beans  
WW Bread w/Marg  
Mandarin Oranges  
Fortified Juice | 26) Honey Baked Chicken  
Lima Beans  
Glazed Carrots  
Wheat Bread w/Marg  
Pineapple Tidbits  
Fortified Juice | 27) Beef Jardiniere  
Brown Rice  
Broccoli  
WW Bread w/Marg  
Diced Pears  
Fortified Juice | 28) Honey Mustard Chicken  
Corn Casserole  
WW Bread w/Marg  
Tropical 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.