




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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1) Turkey w/ American Cheese on WW Bread Mediterranean Lentil Salad Fresh Fruit Fortified Juice Milk</p>	<p>2) Egg Salad on WW Bread Cucumber Salad w/ Creole Dressing Mandarin Oranges Fortified Juice</p>	<p>3) Ham & Cheddar on WW Bun Black-eyed Pea Salad Fresh Fruit Fortified Juice PFS – Roast Beef</p>
<p>6) Chicken Salad on Kaiser Roll Citrus Carrot Salad Tropical Fruit Fortified Juice</p>	<p>7) Turkey w/ Provolone on WW Bread Chickpea Salad Fresh Fruit Fortified Juice</p>	<p>8) Tuna Salad on WW Pita Bread Tomato Salsa Salad Cinnamon Applesauce Fortified Juice PFS-Turkey Salad</p>	<p>9) Ham & American Cheese on WW Bread Honey Lime Corn Salad Fresh Fruit Fortified Juice PFS-Roast Beef</p>	<p>10) Chicken Caesar Salad Pasta Salad WW Roll Pears Fortified Juice</p>
<p>13) Tuna Salad on WW Bread Mixed Vegetable Salad Tropical Fruit Fortified Juice</p>	<p>14) Chicken Salad on WW Bun WG Penne Pasta Salad Fresh Fruit Fortified Juice</p>	<p>15) Ham & Provolone Cheese on Kaiser Roll Mexican Coleslaw Applesauce Fortified Juice PFS-Roast Beef & Provolone</p>	<p>16) Turkey & American Cheese on WW Bread Copper Pennies Fresh Fruit Fortified Juice</p>	<p>17) Greek Chicken Salad Venetian Pasta Salad WW Roll Assorted Dressing Fresh Fruit Fortified Juice</p>
<p>20) Offices Closed</p> 	<p>21) Tuna Salad on WW Tortilla Lemon Dijon Carrot Salad Pineapple Fortified Juice PFS-Turkey Salad</p>	<p>22) Sesame Chicken Salad Green Bean Salad WW Roll Fresh Fruit Fortified Juice</p>	<p>23) Roast Beef w/ Cheddar Cheese on WW Bread Black-eyed Pea Salad Fresh Fruit Fortified Juice</p>	<p>24) Turkey & American Cheese on WW Bread Coleslaw Mandarin Oranges Fortified Juice</p>
<p>27) Egg Salad on Wheat Bread Macaroni Salad Fresh Fruit Fortified Juice</p>	<p>28) Turkey Salad on Kaiser Roll Cucumber Salad with Creole Dressing Tropical Fruit Fortified Juice</p>			

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Hamburger on WW Bun Baked Beans Mixed Vegetables Pears Orange Juice Milk	2) Popcorn Chicken Mac & Cheese Brussel Sprouts WW Bread Fresh Fruit Milk	3) Beef Santa Fe Chili Brown Rice Broccoli Cornbread Muffin Spiced Apples Grape Juice Milk
6) Meatballs w/ Sun Gold Tomato Sauce Buttered Penne Green Beans Wheat Bread Pears Orange Juice & Milk	7) Caribbean Spiced Chicken Parslied Rice Cabbage Medley WW Roll Fresh Fruit Milk	8) Pork Loin w/ French Onion Sauce Rosemary White Beans Broccoli WW Roll Fresh Fruit & Milk PFS-Salisbury Beef	9) Turkey w/ Dijon Herb Sauce Whipped Potatoes Carrots WW Roll Tropical Fruit Apple Juice & Milk	10) Tuna Noodle Au Gratin Brussel Sprouts WW Bread Applesauce Grape Juice & Milk PFS-Beef Noodle Casserole
13) Popcorn Chicken Mac & Cheese Broccoli WW Bread Fresh Fruit Milk	14) Valentine's Day Roast Beef w/ Burgundy Sauce Whipped Potatoes Creamed Spinach Wheat Bread Fresh Fruit & Milk Special Dessert	15) Chicken Cacciatore Buttered Bow Tie Pasta Green Peas WW Roll Pears Orange Juice Milk	16) Meatloaf w/ Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk	17) Veggie Burger w/ Cuban Sauce Glazed Carrots Green Beans WW Roll Applesauce Orange Juice & Milk
20) Offices Closed 	21) Mardi Gras Chicken Gumbo Brown Rice Collard Greens Cornbread Fresh Fruit Milk	22) Ash Wednesday Veggie Sloppy Joe on WW Bun Potato Wedges Coleslaw Slaw Peach Crisp Milk	23) Glazed Ham Mac & Cheese Carrots WW Bread Tropical Fruit Apple Juice & Milk PFS-Glazed Turkey	24) 10 Grain Pollock Black-eyed Peas California Blend WW Roll Fresh Fruit Milk PFS-Baked Chicken
27) Turkey & Country Gravy Crispy Cubed Potatoes Brussel Sprouts WW Roll Fresh Fruit Milk	28) Pulled BBQ Pork Ranch Beans Warm Spiced Peaches Apple Slaw Biscuit Grape Juice & Milk			

TO CANCEL A MEAL, SHARE A CONCERN, OR ASK A QUESTION CALL CLIENT ENGAGEMENT AT 410-558-0932

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