

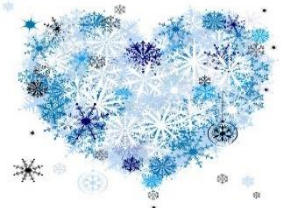



# February 2024 HOT MEALS- Home Delivered

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Chicken Patty w/ Honey Mustard Baked Beans Brussels Sprouts Wheat Bread Fresh Fruit & Milk	2) Beef Sante Fe Chili Brown Rice Broccoli Dinner Roll Peaches Apple Juice & Milk
5) Marinara Meat Sauce w/ Rotini Yellow Squash Green Beans WG Garlic Breadstick Tropical Fruit & Milk	6) Caribbean Glaze Chicken Thigh & Drumstick Black Beans Plantains Cucumber Onion Salad WG Roll Mandarin Oranges & Milk	7) Pork Loin w/ Brown Gravy Mashed Spiced Yams Broccoli WW Bread Fresh Fruit & Milk PFS-Salisbury Beef	8) Turkey w/ Tarragon Sauce Scalloped Potatoes California Vegetable Blend Carrot Raisin Salad Italian Bread Fresh Fruit & Milk	9) Cod Loin w/ Old Bay Cream Sauce Corn Casserole Brussel Sprouts Potato Roll Fresh Fruit & Milk  PFS- Baked Chicken w/ Old Bay Cream Sauce
12) Chicken Drumsticks w/ Korean BBQ sauce Confetti Rice Broccoli Dinner Roll Fresh fruit & Milk	13) <i>Mardis Gras Chicken Gumbo</i> <i>Brown Rice</i> <i>Lima Beans</i> <i>Collard Greens</i> <i>Cornbread Muffin</i> <i>Fresh Fruit &amp; Milk</i>	14) <i>Valentine's Day</i> <i>Stuffed Shells w/ Marinara Sauce</i> <i>Zucchini</i> <i>Cauliflower</i> <i>WG Garlic Breadstick</i> <i>Pears &amp; Milk</i> <i>Chocolate Brownie</i>	15) Meatloaf w/ Brown Gravy Whipped Potatoes Mixed Vegetables Potato Roll Fresh Fruit & Milk	16) Honey Balsamic Beef Strips Roasted Sweet Potatoes Pacific Vegetable Blend Mixed Green Salad WG Roll Mixed Fruit & Milk
19) <i>Offices Closed, Frozen Meals Delivered in Advance</i> 	20) Chicken w/ Brown Onion Gravy Roasted Red Skin Potatoes Spinach Creole Cucumber Salad Italian Bread Mandarin Oranges & Milk	21) Hamburger w/ Cheese, Lettuce, Tomato & Pickles Steak Fries Beet Salad Coleslaw WW Bun Applesauce & Milk	22) Honey Ginger Ham Mac & Cheese Broccoli WW Bread Fresh Fruit & Milk	23) 10 Grain Pollack Black-eyed Peas Okra/Tomatoes/Corn Macaroni Salad Dinner Roll Fresh Fruit & Milk
26) Turkey & Country Gravy Mashed Sweet Potatoes Brussel Sprouts Three Bean Salad WG Roll Applesauce & Milk	27) Pulled Pork BBQ on WW Bun Baked Beans Collard Greens Fresh Fruit & Milk PFS-BBQ Chicken	28) Southwest Lime Chicken w/ Sour Cream Spanish Rice Fiesta Vegetable Blend Flour Tortilla Fresh Fruit & Milk	29) Roast Beef w/ Au Jus Gravy Whipped Potatoes Glazed Carrots Cucumber Onion Salad WG Roll Mixed Fruit & Milk	

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**February 2024 COLD MEALS-Home Delivered Meals on Wheels of Central Maryland**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1) Egg Salad on WW Bread Cucumber Onion Salad Tropical Fruit Fortified Juice</p>	<p>2) Chicken Salad on WW Pita Bread Citrus Carrot Salad Fresh Fruit Fortified Juice</p>
<p>5) Chicken Salad on Croissant Carrot Raisin Salad Mixed Fruit Fortified Juice</p>	<p>6) Turkey &amp; Provolone Cheese on Rye Bread Tex-Mex Pasta Salad Fresh Fruit Fortified Juice</p>	<p>7) Tuna Salad on WW Pita Bread Tomato Salsa Tropical Fruit Fortified Juice</p> <p>PFS-Turkey Salad</p>	<p>8) Ham &amp; American Cheese on WW Bread Green Pea Salad Fortified Juice</p> <p>RFS-Roast Beef</p>	<p>9) Turkey Chef Salad Chickpea Salad WG Roll Fesh Fruit Fortified Juice</p>
<p>12) Krab Mac Salad w/ Naan Bread Mixed Vegetable Salad Pineapple Tidbits Fortified Juice</p>	<p>13) Grilled Chicken Breast w/ Honey Mustard on WW Bun WG Penne Pasta Salad Fresh Fruit Fortified Juice</p>	<p>14) Ham &amp; Muenster Cheese on Kaiser Roll Patriotic Bean Salad Mandarin Oranges Fortified Juice</p>	<p>15) Turkey &amp; American Cheese on Wheat Bread Carrot Raisin Salad Tropical Fruit Fortified Juice</p>	<p>16) Chicken Caesar Salad Mediterranean Lentil Salad Fresh Fruit Fortified Juice</p>
<p>19) <i>Offices Closed, Frozen Meals Delivered in Advance</i></p> 	<p>20) Tuna Salad on Potato Bun Lemon Dijon Carrot Salad Pineapple Tidbits Fortified Juice</p> <p>PFS- Turkey</p>	<p>21) Greek Chicken Salad Pasta Salad WG Garlic Breadstick Fresh Fruit Fortified Juice</p>	<p>22) Roast Beef &amp; Muenster Cheese on WW Bread Black-eyed Pea Salad Fresh Fruit Fortified Juice</p>	<p>23) Turkey &amp; American Cheese on WW Bread Coleslaw Mandarin Oranges Fortified Juice</p>
<p>26) Egg Salad on Wheat Bread Macaroni Salad Fresh Fruit Fortified Juice</p>	<p>27) Turkey Salad on Croissant Mixed Green Salad Tropical Fruit Fortified Juice</p>	<p>28) Roast Beef &amp; Swiss Cheese on Rye Bread White Bean Salad w/ Olives Fresh Fruit Fortified Juice</p>	<p>29) Chicken Pasta Salad on WG Roll Broccoli Craisin Salad Mandarin Oranges Fortified Juice</p>	

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