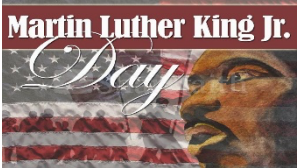




January 2022 HOT MEALS-Home Delivered *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) Seafood Creole w/ Brown Rice Stewed Okra Biscuit Fresh Fruit Orange Juice 1% Milk PFS- Turkey & Gravy</p>	<p>4) Sloppy Joe w/ WW Bun Potato Wedges Mixed Vegetables Diced Pears Orange Juice 1% Milk</p>	<p>5) Parmesan Chicken Patty w/ Garlic Rotini Broccoli Wheat Bread Pineapple Apple Juice 1% Milk</p>	<p>6) Pork Loin w/ Gravy Black-eyed Peas Carrots WW Roll Fresh Fruit Orange Juice 1% Milk PFS – Turkey w/ Gravy</p>	<p>7) Creamy Chicken Tikka Parslied Rice Garlic Parm Cauliflower Naan Bread Mandarin Oranges Apple Juice 1% Milk</p>
<p>10) Meatloaf w/Gravy Whipped Potatoes Brussel Sprouts WW Bread Fresh Fruit & Apple Juice 1% Milk</p>	<p>11) Glazed Ham Macaroni & Cheese Peas Dinner Roll Mandarin Oranges & Grape Juice 1% Milk PFS-Turkey w/Pineapple Glaze</p>	<p>12) Hamburger on WW Bun Baked Beans Carrots Applesauce Orange Juice Ketchup 1% Milk</p>	<p>13) Cranberry Dijon Chicken Rosemary Potatoes Cabbage WW Roll Pineapple Grape Juice 1% Milk</p>	<p>14) Cod w/ Newburg Sauce Confetti Rice Mixed Vegetables Wheat Bread Fruit Cocktail & Orange Juice 1% Milk PFS- Turkey w/ Newburg Sauce</p>
<p>17) Closed </p>	<p>18) Spaghetti & Meat Sauce WG Penne Pasta Green Beans Wheat Bread Sliced Apples & orange Juice 1% Milk</p>	<p>19) Oven Fried Chicken Black-eyed Peas Mixed Greens WW Bread Tropical Fruit & Apple Juice 1% Milk</p>	<p>20) Panko Breaded Pollack Crispy Cubed Potatoes Harvard Beets Dinner Roll Fresh Fruit & Orange Juice Tartar Sauce 1% Milk PFS-Turkey & Gravy</p>	<p>21) Pork Loin w/ Gravy Spiced Yams Peas WW Roll Applesauce & Orange Juice 1% Milk PFS- Salisbury Steak w/ Gravy</p>
<p>24) Beef Tamale Stew Diced Potatoes Spinach Corn Muffin Fruit Cocktail & Orange Juice 1% Milk</p>	<p>25) Chicken Leg Quarter w/ Honey Balsamic Sauce Braised Lentils Mixed Vegetables WW Bread Tropical Fruit & Apple Juice 1% Milk</p>	<p>26) Breaded Pollack w/ Tartar Potato Wedges Broccoli WW Bun Fresh Fruit & Grape Juice 1% Milk PFS – Chicken Patty w/ Ketchup</p>	<p>27) Teriyaki Meatballs w/Confetti Rice Carrots Dinner Roll Pineapple & Orange Juice 1% Milk</p>	<p>28) Beef Hot Dog w/ WW Bun Corn Casserole Peas Ketchup Mandarin Oranges & Grape Juice 1% Milk</p>
<p>31) Chicken Patty on WW Bun Black-eyed Peas Green Beans Mayonnaise Peaches & Orange Juice</p>				

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Roast Beef & Muenster on WW Bread Mayonnaise Patriotic Bean Salad Fresh Fruit 1% Milk	4) Grilled Chicken on Kaiser Honey Mustard Broccoli Salad Mandarin & Pineapple 1% Milk	5) Ham & Cheese on WW Bread Mustard Beet Salad Tropical Fruit 1% Milk PFS-Turkey & Cheese	6) Chicken Pasta Salad Honey Lime Corn Salad WW Roll Fresh Fruit 1% Milk	7) Egg Salad on Wheat Bread Lemon Dijon Carrot Salad Applesauce 1% Milk
10) Roast Beef & Swiss on WW Bread Beets w/Citrus Dressing Applesauce 1% Milk Mayonnaise	11) Zesty Baja Chicken Salad on Bun Three Bean Salad Fresh Fruit 1% Milk	12) Turkey & Swiss on WW Bread Mustard Coleslaw Mandarin oranges 1% Milk	13) Tuna on WW Pita Green Pea Salad Tropical Fruit 1% Milk PFS- Egg Salad	14) Turkey Salad on WW Bread Black-eyed Pea Salad Fresh Fruit 1% Milk
17) CLOSED 	18) Lemon Pepper Tuna Salad Kaiser Roll Green Pea Sala Tropical Fruit 1% Milk PFS- Egg Salad	19) Ham & Cheese on WW Bread w/ Mustard Tex-Mex Pasta Salad Fresh Fruit PFS-Turkey & Cheese 1% Milk	20) Zesty Baja Chicken Salad on Wheat Bread Carrot Raisin Salad Mandarin & Pineapple 1% Milk	21) Turkey Pasta Salad Chick Pea Salad Fresh Fruit WW Roll 1% Milk
24) Turkey & Cheese on Kaiser Roll Mustard Copper Pennies Pineapple 1% Milk	25) Egg Salad on WW Bread Confetti Corn Salad Fresh fruit 1% Milk	26) Roast Beef and Muenster on Bun Mustard White Bean Salad w/ Olives Fresh Fruit 1% Milk	27) Turkey Salad on WW Pita Pasta Salad Fresh Fruit 1% Milk	28) Chicken Pasta Salad WW Roll Three Bean Salad Tropical fruit 1% Milk
31) Roast Beef & Cheddar on Wheat Bread Mayonnaise Patriotic Bean Salad Fresh Fruit 1% Milk				

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

OVER →

