

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2) Offices Closed</p> 	<p>3) Sloppy Joe on WW Bun Potato Wedges Mixed Vegetables Mandarin Oranges Apple Juice Milk</p>	<p>4) Parmesan Chicken Patty WG Garlic Rotini Broccoli Wheat Bread Fresh Fruit Milk</p>	<p>5) Pork Loin w/ Gravy Black-eyed Peas Carrots WW Roll Fruit Cocktail Orange Juice Milk PFS-Meatloaf</p>	<p>6) Creamy Chicken Tikka Turmeric Basmati Rice Garlic Parmesan Cauliflower Naan Bread Fresh Fruit Milk</p>
<p>9) Meatloaf w/ Gravy Whipped Potatoes Brussel Sprouts WW Bread Fresh Fruit Milk</p>	<p>10) Glazed Ham Macaroni & Cheese Green Peas Dinner Roll Applesauce Orange Juice Milk PFS-Glazed Turkey</p>	<p>11) Hamburger on WW Bun Lettuce/Tomato/Pickle Baked Beans Carrots Pineapple Chunks Apple Juice Milk</p>	<p>12) Baked Chicken w/ Mediterranean Sauce Orzo w/ Asparagus Squash & Zucchini WW Roll Fresh Fruit Milk</p>	<p>13) 10 Grain Pollack Confetti Rice Mixed Vegetables Wheat Bread Fruit Cocktail Milk PFS-Swiss Steak</p>
<p>16) Offices Closed</p> 	<p>17) Ziti Bake Green Beans Hot Spiced Pears Wheat Bread Orange Juice Milk</p>	<p>18) Baked Chicken Black-eyed Peas Mixed Greens WW Bread Tropical Fruit Apple Juice Milk</p>	<p>19) Fish Cakes Rosemary Potatoes Harvard Beets Dinner Roll Applesauce Orange Juice Milk PFS-Turkey & Gravy</p>	<p>20) Salisbury Beef w/ Gravy Mashed Spiced Yams California Blend WW Roll Fresh Fruit Milk</p>
<p>23) Turkey Sausage w/ Red Beans & Parslied Rice Mixed Vegetables WW Roll Applesauce Orange Juice Milk</p>	<p>24) Baked Chicken w/ Pumpkin Seed Mole Braised Lentils Green Peas WW Bread Tropical Fruit Apple Juice & Milk</p>	<p>25) Potato Crusted Fish Cream Style Corn Broccoli WW Roll Fresh Fruit Milk PFS-Popcorn Chicken</p>	<p>26) Teriyaki Meatballs Confetti Rice Carrots Dinner Roll Pineapple Chunks Milk</p>	<p>27) Cheese Omelet Tater Tots Stewed Tomatoes Biscuit Fresh Fruit Milk</p>
<p>30) Southwest Chicken Cilantro Lime Rice Mexicali Veg Blend WW Bread Mandarin Oranges Apple Juice Milk</p>	<p>31) Roast Beef w/ Gravy Garlic Whipped Potatoes Glazed Carrots Dinner Roll Fresh Fruit Milk</p>			

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2) <i>Offices Closed</i></p> 	<p>3) Krab Mac Salad Italian Cucumber Salad Mandarin, Orange & Pineapples WW Roll Fortified Juice PFS-Chicken Pasta Salad</p>	<p>4) Ham & American Cheese on WW Bread Mustard Beet Salad Tropical Fruit Fortified Juice PFS-Turkey</p>	<p>5) French Bistro Turkey Salad Venetian Pasta Salad WW Roll Fresh Fruit Fortified Juice</p>	<p>6) Egg Salad on Wheat Bread Lemon Dijon Carrot Salad Applesauce Fortified Juice</p>
<p>9) Turkey Salad on WW Bread Black-eyed Pea Salad Fresh Fruit Fortified Juice</p>	<p>10) Asian Chicken Salad Black Bean & Rice Salad WW Roll Fresh Fruit Fortified Juice</p>	<p>11) Turkey & Provolone on WW Bread Three Bean Salad Fluffy Fruit Salad Fortified Juice</p>	<p>12) Tuna Salad on WW Pita Green Pea Salad Tropical Fruit Fortified Juice PFS- Egg Salad</p>	<p>13) Ham & American Cheese on Kaiser Roll Citrus Carrot Salad Pineapple Chunks Fortified Juice PFS-Turkey</p>
<p>16) <i>Office Closed</i></p> 	<p>17) Lemon Pepper Tuna Salad on WW Pita Italian Cucumber Salad Tropical Fruit Fortified Juice PFS- Egg Salad</p>	<p>18) Ham & American Cheese on WW Bread Tex-Mex Pasta Salad Fresh Fruit Fortified Juice PFS-Turkey</p>	<p>19) Chicken Salad on WW Bread Lemon Dijon Carrot Salad Pineapple Chunks Fortified Juice</p>	<p>20) Turkey Quinoa Salad Chickpea Salad WW Roll Fresh Fruit Fortified Juice</p>
<p>23) Chicken Pasta Salad Three Bean Salad WW Roll Tropical Fruit Fortified Juice</p>	<p>24) White Bean Tuna Salad on WW Bread Confetti Corn Salad Fresh Fruit Fortified Juice PFS- Egg Salad</p>	<p>25) Roast Beef & Provolone Cheese on WW Bun White Bean Salad w/ Olives Fresh Fruit Fortified Juice</p>	<p>26) Turkey Salad on WW Pita Pasta Salad Fresh Fruit Fortified Juice</p>	<p>27) Turkey & American Cheese on Kaiser Roll Copper Pennies Pineapple Chunks Fortified Juice</p>
<p>30) Chicken Salad on WW Pita Honey Ginger Carrots Tropical Fruit Fortified Juice</p>	<p>31) Greek Chicken Salad Pasta Salad Fresh Fruit WW Roll Fortified Juice</p>			

TO CANCEL A MEAL, SHARE A CONCERN, OR ASK A QUESTION CALL CLIENT ENGAGEMENT AT 410-558-0827

ALL MEAL CANCELLATIONS MUST BE IN NO LATER THAN 11:00 A.M. THE DAY PRIOR. MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE