
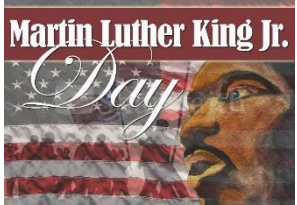



January 2024 HOT MEALS- Home Delivered *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>2) Sloppy Joe w/ Bun Roasted Potatoes Mixed Vegetables Mandarin Oranges Apple Juice & Milk</p>	<p>3) Baked Chicken w/ Garlic Herb Sauce Brown Rice Brussel Sprouts Wheat Bread Pears Orange Juice & Milk</p>	<p>4) Turkey w/ Apple Cranberry Demi Glaze Black-eyed Peas Carrots Wheat Bread Pineapples Orange Juice & Milk</p>	<p>5) Parmesan Chicken Patty WG Rotini Broccoli WW Bread Fresh Fruit Milk</p>
<p>8) Meatloaf & Gravy Mashed Potatoes Brussel Sprouts Dinner Roll Fresh Fruit Milk</p>	<p>9) Glazed Ham Mac & Cheese Green Peas WW Bread Applesauce Orange Juice & Milk PFS-Glazed Chicken</p>	<p>10) Hamburger on WW Bun Baked Beans Carrots Fresh Fruit Milk</p>	<p>11) Mediterranean Baked Chicken Lemon Orzo Brussel Sprouts Wheat Bread Fresh Fruit Milk</p>	<p>12) 10 Grain Pollack Parslied Rice Garlic Parm Broccoli WW Bread Fresh Fruit Milk PFS- Turkey & Gravy</p>
<p>15) <i>Offices Closed, Frozen Meals will be Delivered in Advance</i></p> 	<p>16) Baked Ziti Green Beans Spiced Pears Wheat Bread Orange Juice & Milk</p>	<p>17) Baked Chicken Black-eyed Peas Spinach WW Bread Tropical Fruit Apple Juice & Milk</p>	<p>18) Fish Caked Rosemary Potatoes Glazed Carrots Dinner Roll Applesauce Orange Juice & Milk PFS- Swiss Steak</p>	<p>19) BBQ Diced Chicken Cauliflower Lima Beans WG Roll Fresh fruit Milk</p>
<p>22) Hot Hamburger w/ Gravy Mashed Potatoes Mixed Vegetables Dinner Roll Applesauce Orange Juice & Milk</p>	<p>23) Beef Tamale Stew Fiesta Vegetable Blend Pinto Beans Dinner Roll Fresh Fruit Milk</p>	<p>24) 10 Grain Pollack Corn Casserole Broccoli WW Bread Fresh Fruit Milk PFS- Chicken Patty</p>	<p>25) Teriyaki Meatballs Confetti Rice Ginger Carrots Dinner Roll Pineapple Tidbits & Milk</p>	<p>26) Baked Chicken w/ Pumpkin Mole Sauce Braised Lentils Peas & Carrots WW Bread Tropical Fruit Apple Juice & Milk</p>
<p>29) Southwest Chicken Cilantro Lime Rice Mexicali Vegetable Blend WW Bread Mandarin Oranges Apple Juice & Milk</p>	<p>30) Salisbury Beef w/ Gravy Garlic Mashed Potatoes Glazed Carrots Dinner Roll Fresh Fruit Milk</p>	<p>31) Turkey & Gravy Scalloped Potatoes Mixed Vegetables WG Roll Pears Orange Juice & Milk</p>		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>2) Lemon Pepper Tuna Salad on WW Pita Honey Ginger Carrots Tropical Fruit Fortified Juice</p> <p>PFS-Honey Mustard Chicken Salad</p>	<p>3) Ham & American Cheese on Wheat Green Pea Salad Pineapple Tidbits Fortified Juice</p> <p>PFS- Turkey</p>	<p>4) Egg Salad on WW Bread Italian Cucumber Salad Applesauce Fortified Juice</p>	<p>5) French Bistro Turkey Salad Venetian Pasta Salad Fresh Fruit WG Roll Fortified Juice</p>
<p>8) Ham & Cheddar Cheese on Wheat Lemon Dijon Carrot Salad Tropical Fruit Fortified Juice</p> <p>PFS-Turkey & Cheddar</p>	<p>9) Turkey & Provolone Cheese on WW Bread Chickpea Salad Applesauce Fortified Juice</p>	<p>10) Asian Chicken Salad WG Roll Black Beans & Rice Salad Fresh Fruit Fortified Juice</p>	<p>11) Tuna Salad on WW Pita Broccoli Raisin Salad Fresh Fruit Fortified Juice</p> <p>PFS-Egg Salad</p>	<p>12) Turkey Salad WG Roll Kidney Bean Salad Fresh Fruit Fortified Juice</p>
<p>15) <i>Offices Closed, Frozen Meals will be Delivered in Advance</i></p> 	<p>16) Turkey Pasta Salad WG Roll Citrus Carrot Salad Applesauce Fortified Juice</p>	<p>17) Ham & American Cheese on Wheat Venetian Pasta Salad Fresh Fruit Fortified Juice</p> <p>PFS-Turkey</p>	<p>18) Roast Beef & Muenster Cheese on Wheat Beets w/ Citrus Dressing Fresh Fruit Fortified Juice</p>	<p>19) Lemon Pepper Tuna Salad on WW Pita Italian Cucumber Salad Tropical Fruit Fortified Juice</p> <p>PFS-Egg Salad</p>
<p>22) Roast Beef & Provolone Cheese on WW Bread White Bean & Olive Salad Fresh Fruit Fortified Juice</p>	<p>23) Chicken Pasta Salad Chickpea Salad Tropical Fruit Fortified Juice</p>	<p>24) Turkey Salad on WW Bun Pasta Salad Applesauce Fortified Juice</p>	<p>25) White Bean Tuna salad on Wheat Honey Lime Corn Salad Fresh Fruit Fortified Juice</p> <p>PFS-Egg salad</p>	<p>26) Turkey & American Cheese on Wheat Lemon Dijon Carrot Salad Pineapple Tidbits Fortified Juice</p>
<p>29) Ham & Cheddar on WW Bun Black-eyed Pea Salad Fresh Fruit Fortified Juice</p> <p>PFS-Roast Beef</p>	<p>30) Turkey & American Cheese on Wheat Mediterranean Lentil Salad Fresh Fruit Fortified Juice</p>	<p>31) Greek Chicken Salad w/ Croutons WG Penne Pasta Salad Applesauce Fortified Juice</p>		

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