

## March 2020 Frozen Meals



## Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2) Sliced Turkey w/Country Gravy Mashed Spiced Yams Green Beans Biscuit w/Marg Mandarin Oranges Apple Juice Milk	3) Chicken Gumbo Brown Rice Mixed Greens Corn Muffin w/Marg Pineapple Tidbits Orange Juice Milk	4) Veggie Sloppy Joe Potato Wedges Mixed Vegetables WW Hamburger Bun Diced Peaches Cranberry Juice Milk	5) Sliced Roast Beef w/Gravy Whipped Potatoes Glazed Carrots WW Roll w/Marg Fruit Cocktail Orange Juice Milk	6) Stuffed Shells w/Marinara Sauce Green Peas Hot Spiced Apples Italian Bread w/Marg Cranberry Juice Milk	7) Chicken w/Mushroom Gravy Whipped Potatoes Broccoli WW Roll w/Marg Sliced Apples Orange Juice Milk	8) Salisbury Steak w/Gravy Cut Yams Green Peas Dinner Roll w/Marg Tropical Fruit Cranberry Juice Milk
9) Santa Fe Beef Chili Brown Rice Spinach Corn Muffin w/Marg Diced Peaches Cranberry Juice Milk	10) Sliced Turkey w/Gravy Macaroni & Cheese Sliced Carrots Biscuit w/Marg Mandarin Oranges Apple Juice Milk	11) Cabbage Roll w/Marinara Sauce Whipped Potatoes Herbed Green Beans WW Bread w/Marg Mandarin Oranges & Pineapple Grape Juice Milk	12) Chicken Shawarma Yellow Rice Curry Okra & Tomatoes Naan Bread w/Marg Pineapple Tidbits Cranberry Juice Milk	13) Swiss Steak w/Gravy Lima Beans Garden Vegetables WW Roll w/Marg Cinnamon Applesauce Orange Juice Milk	14) Sliced Turkey w/Apricot Mustard Sauce Braised Lentils Sliced Carrots Wheat Bread w/Marg Applesauce Orange Juice Milk	15) Cranberry Dijon Chicken Oven Roasted Potatoes Broccoli WW Bread w/Marg Pineapple Tidbits Fruit Punch Juice Milk
16) Chicken Breast w/Alfredo Sauce Garlic Parmesan Orzo Ratatouille Italian Bread w/Marg Tropical Fruit Fruit Punch Juice Milk	17) Sliced Turkey w/Supreme Sauce Whipped Potatoes Green Peas WW Roll w/Marg Cinnamon Applesauce Cranberry Juice Milk	18) Cuban Beef Brown Rice Mixed Vegetables Corn Muffin w/Marg Mandarin Oranges Apple Juice Milk	19) Baked Chicken Leg w/BBQ Sauce Black Eyed Peas Collard Greens Biscuit w/Marg Pineapple Tidbits Cranberry Juice Milk	20) Beef Patty w/Mushroom Gravy Au Gratin Potatoes Dilled Carrots WW Bread w/Marg Fruit Cocktail Orange Juice Milk	21) Salisbury Steak w/Gravy Whipped Potatoes California Vegetables WW Bread w/Marg Sliced Pears Cranberry Juice Milk	22) Chicken Breast w/Pineapple Glaze Macaroni & Cheese Green Peas Dinner Roll w/Marg Diced Peaches Orange Juice Milk
23) Sliced Turkey w/Dijon Herb Sauce Scalloped Potatoes Sliced Carrots Wheat Bread w/Marg Tropical Fruit Apple Juice Milk	24) Corned Beef Red Potatoes Cabbage & Carrots Rye Bread w/Marg Pineapple Tidbits Cranberry Juice Milk	25) Baked Meatballs w/Marinara Sauce Buttered Rotini Capri Vegetables Italian Bread w/Marg Diced Pears Cranberry Juice Milk	26) Salisbury Steak w/Gravy White Beans w/Arugula Broccoli WW Bread w/Marg Diced Peaches Cranberry Juice Milk	27) Swiss Steak w/Gravy Corn Casserole Brussels Sprouts WW Bread w/Marg Applesauce Cranberry Juice Milk	28) Beef & Rice Casserole Green Beans Hot Spiced Fruit WW Bread w/Marg Orange Juice Milk	29) Chicken Chili Corn Mixed Greens Saltine Crackers Diced Pears Cranberry Juice Milk
30) Chicken Thigh w/Cacciatore Sauce Buttered Bow Tie Pasta Green Peas Italian Bread w/Marg Diced Pears Cranberry Juice Milk	31) Meatloaf w/Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Peaches Orange Juice Milk					

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2) Baked Meatballs w/Creole Sauce WG Penne Pasta Garden Vegetables Italian Bread w/Marg Tropical Fruit Fortified Juice	3) Sliced Turkey w/Teriyaki Sauce Confetti Rice Green Beans WW Roll w/Marg Diced Peaches Fortified Juice	4) Chicken Breast w/Gravy Roasted Diced Potatoes Glazed Carrots WW Roll w/Marg Diced Pears Fortified Juice	5) Turkey A La King Lima Beans Capri Vegetables Biscuit w/Marg Mandarin Oranges Fortified Juice	6) Beef Hot Dog Potato Wedges Mixed Vegetables WW Hot Dog Bun Ketchup & Mustard Pineapple Tidbits Fortified Juice		
9) Honey BBQ Chicken Leg Baked Beans Mixed Greens Wheat Bread w/Marg Cinnamon Applesauce Fortified Juice	10) Beef Patty w/Pepper Gravy Whipped Potatoes Green Peas WW Roll w/Marg Fruit Cocktail Fortified Juice	11) Apple Glazed Chicken Garden Medley Rice Dilled Carrots Dinner Roll w/Marg Tropical Fruit Fortified Juice	12) Meatloaf w/Gravy Whipped Potatoes Cabbage WW Bread w/Marg Diced Pears Fortified Juice	13) Swedish Turkey Meatballs Buttered Rotini Capri Vegetables WW Roll w/Marg Tropical Fruit Fortified Juice		
16) Creole Steak Yellow Rice Italian Vegetables WW Bread w/Marg Mandarin Oranges Fortified Juice	17) Breaded Chicken Patty Macaroni & Cheese Mixed Vegetables WW Roll w/Marg Mandarin Oranges & Pineapple Fortified Juice	18) Sliced Turkey w/Gravy Lima Beans Stewed Tomatoes Wheat Bread w/Marg Diced Peaches Fortified Juice	19) Meatballs w/Gravy Delmonico Potatoes Glazed Carrots Dinner Roll w/Marg Diced Pears Fortified Juice	20) Chicken Breast w/Honey Balsamic Sauce Rice Pilaf Green Peas WW Bread w/Marg Cinnamon Applesauce Fortified Juice		
23) Swiss Steak w/Gravy Lima Beans Country Vegetables WW Roll w/Marg Applesauce Fortified Juice	24) Sliced Roast Beef w/Gravy Macaroni & Cheese Spinach WW Roll w/Marg Fruit Cocktail Fortified Juice	25) Sliced Turkey w/Gravy Garlic Whipped Potatoes Green Beans WW Bread w/Marg Mandarin Oranges & Pineapple Fortified Juice	26) Chicken Breast w/Sweet & Sour Sauce Confetti Rice Mixed Vegetables Wheat Bread w/Marg Diced Pears Fortified Juice	27) Sliced Turkey w/Pineapple Glaze Cut Yams Green Peas Dinner Roll w/Marg Tropical Fruit Fortified Juice		
30) Sliced Turkey w/Apricot Sauce Braised Lentils Sliced Carrots Wheat Bread w/Marg Applesauce Fortified Juice	31) Chicken Breast w/Alfredo Sauce WG Penne Pasta Green Peas WW Roll w/Marg Tropical Fruit Fortified Juice					

**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**

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