



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




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Southwest Chicken Spanish Rice Mexicali Blend WW Bread Cinnamon Applesauce Orange Juice & Milk	2) Salisbury Beef w/ Burgundy Sauce Whipped Potatoes Glazed Carrots WW Roll Fresh Fruit & Milk	3) Brunswick Stew Brown Rice Green Beans Wheat Bread Mandarin Oranges Apple Juice & Milk
6) Beef Santa Fe Chili Brown Rice Collard Greens Cornbread Muffin Fresh Fruit Milk	7) Chicken Shawarma Lemon Rice Curry Okra & Tomatoes Naan Bread Pineapple Orange Juice Milk	8) Turkey & Gravy Lima Beans Carrots WW Roll Mandarin Oranges Apple Juice Milk	9) Ziti Bake Broccoli WW Roll Fresh Fruit Milk	10) Cheese Omelet Tater Tots Stewed Tomatoes Biscuit Cinnamon Applesauce Orange Juice Milk
13) Chicken Alfredo Ratatouille WW Bread Tropical Fruit Apple juice Milk	14) Turkey w/ Supreme Sauce Whipped Potatoes Green Peas WW Roll Fresh Fruit & Milk	15) Sweet & Sour Meatballs Brown Rice Chinese Cabbage WW Bread Applesauce Milk	16) Honey BBQ Chicken Thigh Black-eyed Peas Collard Greens WW Roll Fresh Fruit & Milk	17) <i>Corned Beef</i> <i>Red Potatoes</i> <i>Cabbage w/ Carrots</i> <i>Rye Bread</i> <i>Fresh Fruit &amp; Milk</i> <i>Sugar Cookie</i>
20) Meatballs w/ Sun Gold Tomato Sauce Buttered Penne Green Beans Wheat Bread Pears Orange Juice & Milk	21) Caribbean Spiced Chicken Parslied Rice Cabbage Medley WW Roll Fresh Fruit Milk	22) Pork Loin w/ French Onion Sauce Rosemary White Beans Broccoli WW Roll Fresh Fruit & Milk PFS- Salisbury Beef w/ Gravy	23) Turkey w/ Dijon Herb Sauce Whipped Potatoes Carrots WW Roll Tropical Fruit Milk	24) Tuna Noodle Au Gratin Brussel Sprouts WW Bread Applesauce Grape Juice & Milk PFS-Beef & Noodle Casserole
27) Popcorn Chicken Macaroni & Cheese Broccoli WW Bread Fresh Fruit & Milk	28) Beef Hot Dog on WW Bun Baked Beans Coleslaw Spiced Fruit Grape Juice & Milk	29) Chicken Cacciatore w/ Bow Tie Pasta Green Peas WW Roll Peas Orange Juice & Milk	30) Meatloaf w/ Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk	31) Veggie Burger w/ Cuban Sauce Glazed Carrots. Green Beans WW Roll Applesauce Orange Juice & Milk



**March 2023**

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Roast Beef w/ Provolone White Bean Salad w/ Olives Whole wheat Bread Fresh Fruit Fortified Juice	2) Chicken Pasta Salad Broccoli Cran-Raisin Salad Strawberry Applesauce WW Roll Fortified Juice	3) Tuna Salad on WW Pita Copper Pennies Fresh Fruit Fortified Juice  PFS-Egg Salad
6) Curry Chicken Salad on Wheat Bread Three Bean Salad Pineapple Fortified Juice	7) Tuna Salad on Kaiser Roll Beet Salad Tropical Fruit Fortified Juice  PFS- Egg Salad	8) Roast Beef & American Cheese w/ WW Tortilla Citrus Carrot Salad Cinnamon Applesauce Fortified Juice	9) Ham & Cheddar Cheese on WW Bread Venetian Pasta Salad Fresh Fruit Fortified Juice PFS-Turkey & Cheddar Cheese	10) Asian Chicken Salad Chickpea Salad Fresh Fruit WW Roll Fortified Juice
13) Ham & Provolone on White Bread Honey Lime Corn Salad Fresh Fruit Fortified Juice PFS- Roast Beef & Provolone	14) Egg Salad on Wheat Bread Tomato Salsa Applesauce Fortified Juice	15) Turkey Chef Salad WG Penne Pasta Fresh Fruit WW Roll Fortified Juice	16) Tuna Salad w/ WW Tortilla Lemon Dijon Carrot Salad Tropical Fruit Fortified Juice  PFS0-Egg Salad	17) Turkey & American Cheese on Rye Bread Chickpea Salad Fresh Fruit Fortified Juice
20) Chicken Salad on Kaiser Roll Citrus Carrot Salad Tropical Fruit Fortified Juice	21) Turkey & Provolone on Italian Bread Mediterranean Lentil Salad Fresh Fruit Fortified Juice	22) Tuna Salad on WW Pita Tomato Salsa Cinnamon Applesauce Fortified Juice  PFS-Turkey Salad	23) Ham & American on WW Bread Honey Lime Corn Salad Fresh Fruit Fortified Juice PFS-Roast Beef & Cheese	24) Chicken Caesar Salad Pasta Salad Pears WW Roll Fortified Juice
27) Tuna Salad on WW Bread Mixed Vegetable Salad Tropical Fruit Fortified Juice  PFS- Egg Salad	28) Chicken Salad on WW Bun WG Penne Pasta Salad Fresh Fruit Fortified Juice	29) Ham & Provolone Cheese on Kaiser Roll Cucumber Salad w/ Creole Dressing Applesauce Fortified Juice PFS-Roast Beef & Provolone	30) Turkey & American Cheese on WW Bread Copper Pennies Fresh Fruit Fortified Juice	31) Greek Chicken Salad Mediterranean Lentil Salad WW Roll Fresh Fruit Fortified Juice

**TO CANCEL A MEAL, SHARE A CONCERN, OR ASK A QUESTION CALL CLIENT ENGAGEMENT AT 410-558-0932**

**ALL MEAL CANCELLATIONS MUST BE IN NO LATER THAN 10:00 A.M. THE DAY PRIOR. MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE**