

March 2020 HOT MEALS-Home Delivered Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Santa Fe Beef Chili Brown Rice Spinach Corn Muffin w/Marg Fresh Fruit Cranberry Juice Milk	3) Sliced Turkey w/Gravy Macaroni & Cheese Sliced Carrots Biscuit w/Marg Mandarin Oranges Apple Juice Milk	4) Cabbage Roll w/Marinara Sauce Whipped Potatoes Herbed Green Beans WW Bread w/Marg Fresh Fruit Grape Juice Milk	5) Chicken Shawarma Yellow Rice Curry Okra & Tomatoes Naan Bread w/Marg Pineapple Tidbits Cranberry Juice Milk	6) Baked Cod Loin w/Lemon Butter Sauce Lima Beans Garden Vegetables WW Roll w/Marg Cinnamon Applesauce Fruit Punch Juice & Milk <i>PFS-Swiss Steak w/Gravy</i>
9) Chicken Breast w/Alfredo Sauce Garlic Parmesan Orzo Ratatouille Italian Bread w/Marg Tropical Fruit Fruit Punch Juice Milk	10) Sliced Ham w/Supreme Sauce Whipped Potatoes Green Peas WW Roll w/Marg Fresh Fruit Cranberry Juice & Milk <i>PFS-Sliced Turkey w/Supreme Sauce</i>	11) Cuban Beef Brown Rice Mixed Vegetables Corn Muffin w/Marg Mandarin Oranges Apple Juice Milk	12) Baked Chicken Leg w/BBQ Sauce Black Eyed Peas Collard Greens Biscuit w/Marg Pineapple Tidbits Cranberry Juice Milk	13) Potato Crusted Fish Au Gratin Potatoes Dilled Carrots WW Bread w/Marg Tartar Sauce Fresh Fruit Orange Juice Milk <i>PFS-Beef w/Mushroom Gravy</i>
16) Sliced Turkey w/Dijon Herb Gravy Scalloped Potatoes Sliced Carrots Wheat Bread w/Marg Tropical Fruit Apple Juice Milk	17) Corned Beef Red Potatoes Cabbage & Carrots Rye Bread w/Marg Fresh Fruit Lime Jello Cranberry Juice Milk	18) Baked Meatballs w/Marinara Sauce Buttered Rotini Capri Vegetables Italian Bread w/Marg Fresh Fruit Cranberry Juice Milk	19) Pork Loin w/Gravy White Beans w/Arugula Broccoli WW Bread w/Marg Fresh Fruit Cranberry Juice & Milk <i>PFS-Salisbury Steak w/Gravy</i>	20) 10 Grain Pollock Corn Casserole Brussels Sprouts WW Bread w/Marg Tartar Sauce Applesauce Cranberry Juice & Milk <i>PFS-Swiss Steak w/Gravy</i>
23) Baked Chicken Thigh w/Cacciadore Sauce Buttered Bow Tie Pasta Green Peas Italian Bread w/Marg Fresh Fruit Cranberry Juice Milk	24) Meatloaf w/Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Fresh Fruit Orange Juice Milk	25) Chicken Breast w/Pumpkin Seed Mole Confetti Rice Garden Vegetables WW Bread w/Marg Mandarin Oranges Apple Juice Milk	26) Beef Hot Dog Baked Beans Peach Cobbler Coleslaw WW Hot Dog Bun Ketchup & Mustard Fruit Punch Juice Milk	27) Veggie Burger w/Cuban Sauce Roasted Sweet Potatoes Green Beans WW Roll w/Marg Pineapple Tidbits Cranberry Juice Milk
30) Swedish Meatballs Buttered Penne Pasta Sliced Carrots WW Bread w/Marg Cinnamon Applesauce Cranberry Juice Milk	31) Baked Chicken Leg w/Coconut Curry Sauce Brown Rice Broccoli Wheat Bread w/Marg Fresh Fruit Apple Juice Milk			

March 2020 COLD MEALS-Home Delivered Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Curry Chicken Salad Green Pea Salad Pineapple Tidbits Wheat Bread Fortified Juice	3) Krab Salad Apple Slaw Tropical Fruit Kaiser Roll Fortified Juice	4) Sliced Ham & Cheese Citrus Carrot Salad Cinnamon Applesauce Rye Bread Mustard Fortified Juice <i>PFS-Sliced Turkey & Cheese</i>	5) Sliced Roast Beef & Cheddar Cheese Potato Salad Fresh Fruit WW Bread Mayo Fortified Juice	6) Oriental Chicken Salad w/Dressing Mediterranean Lentil Salad Fresh Fruit WW Roll Fortified Juice
9) Sliced Ham & Provolone Cheese Couscous Salad Fresh Fruit WW Bread, Mustard Fortified Juice <i>PFS-Sliced Roast Beef & Provolone Cheese</i>	10) Egg Salad Mexican Coleslaw Mandarin Oranges Wheat Bread Fortified Juice	11) Spinach Salad w/Chicken w/Dressing WG Penne Pasta Salad Fresh Fruit WW Roll Fortified Juice	12) Salmon Salad Carrot Raisin Salad Tropical Fruit Kaiser Roll Fortified Juice <i>PFS-Egg Salad</i>	13) Sliced Turkey & Cheese Patriotic Bean Salad Fresh Fruit WW Bread Mayo Fortified Juice
16) Sliced Ham & Cheese Green Pea Salad Diced Peaches WW Bread, Mayo Fortified Juice <i>PFS-Sliced Roast Beef & Cheese</i>	17) Sliced Turkey & Provolone Cheese Chick Pea Salad Fresh Fruit Rye Bread Mustard Fortified Juice	18) Chicken Salad Citrus Carrot Salad Fruit Cocktail Croissant Fortified Juice	19) Tuna Salad Tomato Salsa Tropical Fruit WW Pita Bread Fortified Juice <i>PFS-Turkey Salad</i>	20) Chicken Caesar Salad w/Dressing Pasta Salad Fresh Fruit WW Roll Fortified Juice
23) Sliced Ham & Muenster Cheese Patriotic Bean Salad Mandarin Oranges Kaiser Roll, Mayo Fortified Juice <i>PFS-Sliced Roast Beef & Muenster Cheese</i>	24) Sliced Turkey & Cheese Carrot Raisin Salad Tropical Fruit Wheat Bread Mustard Fortified Juice	25) Krab Mac Salad Mixed Vegetable Salad Pineapple Tidbits Naan Bread Fortified Juice <i>PFS-Egg Salad</i>	26) Chicken Breast Honey Mustard Pkt WG Penne Pasta Salad WW Hamburger Bun Fortified Juice	27) Turkey Chef Salad w/Dressing Black Bean & Corn Salad Fresh Fruit WW Roll Fortified Juice
30) Chicken Salad Three Bean Salad Fresh Fruit Rye Bread Fortified Juice	31) Tuna Salad Lemon Dijon Carrot Salad Pineapple Tidbits Potato Bun Fortified Juice <i>PFS-Turkey Salad</i>	 <p>SPRING FORWARD PLEASE TO CHANGE YOUR CLOCKS</p>	 <p>MEALS on WHEELS OF CENTRAL MARYLAND <i>More than a meal™</i></p>	 <p>MARCH</p>

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

OVER →

MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.