

May 2019 Frozen Meals


Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1) Baked Chicken w/Creamy Pesto Sauce Garlic Parmesan Orzo Ratatouille Wheat Roll w/Marg Tropical Fruit Grape Juice Milk	2) Baked Meatballs w/Sweet & Sour Sauce Brown Rice Broccoli Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk	3) BBQ Chicken Breast Black Eyed Peas Collard Greens Wheat Bread w/Marg Pineapple Tidbits Cranberry Juice Milk	4) Turkey A La King Egg Noodles Green Peas Biscuit w/Marg Cranberry Juice Milk	5) Beef Fiesta Mac Corn Green Beans Wheat Roll w/Marg Diced Pears Orange Juice Milk
6) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Capri Vegetable Blend Italian Bread w/Marg Mixed Fruit Orange Juice Milk	7) Baked Chicken w/Honey Balsamic Sauce Mashed Spiced Yams Broccoli Wheat Roll w/Marg Pineapple Tidbits Apple Juice Milk	8) Baked Chicken w/Creole Sauce Lima Beans California Vegetables Wheat Bread w/Marg Tropical Fruit Grape Juice Milk	9) Sliced Turkey w/Gravy Corn Brussels Sprouts Wheat Bread w/Marg Applesauce Cranberry Juice Milk	10) Salisbury Steak w/Gravy Scalloped Potatoes Green Beans Wheat Bread w/Marg Diced Pears Cranberry Juice Milk	11) Breaded Chicken Patty Crispy Cubed Potatoes Sliced Carrots Wheat Hamburger Bun Mayo & Ketchup Applesauce Orange Juice & Milk	12) Beef w/Peppers & Onions Black Eyed Peas Mixed Greens Wheat Roll w/Marg Tropical Fruit Cranberry Juice Milk
13) Beef Hot Dog Sauerkraut Ranch Beans Wheat Hot Dog Bun Mustard & Ketchup Tropical Fruit Cranberry Juice Milk	14) Parmesan Chicken Garlic Rotini Green Peas Italian Bread w/Marg Pineapple Tidbits Orange Juice Milk	15) Meatloaf w/Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Pineapple Tidbits Cranberry Juice Milk	16) Veggie Burgers Macaroni & Cheese Glazed Baby Carrots Wheat Hamburger Bun Mayo & Ketchup Diced Pears Orange Juice Milk	17) Chicken Kiev Confetti Rice Garden Vegetables Dinner Rolls w/Marg Diced Peaches Cranberry Juice Milk	18) Beef Patty w/Country Gravy Lima Beans California Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk	19) Chicken w/Alfredo Sauce Penne Pasta Italian Vegetables Wheat Bread w/Marg Tropical Fruit Grape Juice Milk
20) Baked Chicken w/Country Captain Sauce Brown Rice Broccoli Wheat Bread w/Marg Pineapple Tidbits Apple Juice & Milk	21) Hamburger Sliced Cheese Crispy Cubed Potatoes Harvard Beets Wheat Hamburger Bun Mayo & Ketchup Diced Pears Cranberry Juice & Milk	22) Baked Chicken w/Apricot Mustard Sauce Macaroni & Cheese Green Beans Wheat Bread w/Marg Tropical Fruit Grape Juice Milk	23) Swiss Steak w/Gravy Black Eyed Peas Okra & Stewed Tomatoes Dinner Roll w/Marg Diced Peaches Orange Juice Milk	24) Swedish Meatballs Penne Pasta Sliced Carrots Wheat Bread w/Marg Cinnamon Applesauce Cranberry Juice Milk	25) Beef Chili w/Beans Corn Mixed Greens Saltine Crackers Diced Pears Orange Juice Milk	26) Fajita Chicken Mexican Rice Fiesta Vegetables Flour Tortilla Fruit Cocktail Cranberry Juice Milk
27) Offices Closed- Additional Meals were sent out on 5/20 since there is no delivery today. 	28) Salisbury Steak w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Diced Pears Orange Juice Milk	29) Cheese Lasagna Roll Up w/Marinara Sauce Corn Green Peas Italian Bread w/Marg Tropical Fruit Apple Juice Milk	30) Baked Chicken Breast w/Country Captain Sauce Mashed Spiced Yams Broccoli Biscuit w/Marg Diced Peaches Apple Juice Milk	31) BBQ Beef Riblet Baked Beans Spinach Wheat Hamburger Bun Spiced Apples Cranberry Juice Milk		

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		1) Creole Steak Garlic & Red Pepper Penne Italian Vegetables Wheat Bread w/Marg Mandarin Oranges Fortified Juice	2) Cured Turkey w/Pineapple Sauce Lima Beans Glazed Carrots Dinner Roll w/Marg Diced Pears Fortified Juice	3) Beef Patty w/Mushroom Gravy Au Gratin Potatoes Stewed Tomatoes Wheat Roll w/Marg Tropical Fruit Fortified Juice		
6) Baked Chicken w/Gravy Brown Rice Sliced Carrots Wheat Bread w/Marg Fruit Cocktail Fortified Juice	7) Beef w/Mushroom Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Pears Fortified Juice	8) Roast Beef w/Gravy Cut Yams Green Peas Dinner Roll w/Marg Diced Peaches Fortified Juice	9) BBQ Chicken Breast Macaroni & Cheese Spinach Wheat Roll w/Marg Fruit Cocktail Fortified Juice	10) Sliced Turkey w/Gravy Lima Beans Country Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice		
13) Creamy Paprika Chicken Wild Rice Sliced Carrots Wheat Bread w/Marg Strawberry Applesauce Fortified Juice	14) Fajita Chicken Corn Casserole Fiesta Vegetables Flour Tortillas Mandarin Oranges Fortified Juice	15) Sliced Turkey w/Gravy Cut Yams Green Beans Wheat Bread w/Marg Diced Pears Fortified Juice	16) Swiss Steak w/Gravy Black Eyed Peas Broccoli Dinner Roll w/Marg Diced Peaches Fortified Juice	17) Beef w/Pepper Gravy Penne Pasta Mixed Vegetables Wheat Roll w/Marg Pineapple Tidbits Fortified Juice		
20) Meatloaf w/Gravy Whipped Potatoes Glazed Carrots Wheat Bread w/Marg Pineapple Tidbits Fortified Juice	21) Creamy Turkey Stew Corn Spinach Biscuit w/Marg Tropical Fruit Fortified Juice	22) Beef w/Pepper & Onion Gravy Black Eyed Peas Mixed Greens Wheat Roll w/Marg Diced Pears Fortified Juice	23) Sliced Turkey w/Cranberry Orange Sauce Buttermilk Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Peaches Fortified Juice	24) Hawaiian Chicken Au Gratin Potatoes Green Beans Wheat Bread w/Marg Mandarin Oranges Fortified Juice		
27) Offices Closed- Additional Meals were sent out on 5/20 since there is no delivery today. 	28) Honey Mustard Chicken Confetti Rice Broccoli Wheat Roll w/Marg Diced Peaches Fortified Juice	29) Beef Patty w/Country Gravy Lima Beans California Vegetables Wheat Bread w/Marg Mandarin Oranges Fortified Juice	30) Beef Hot Dog Baked Beans Country Vegetables Wheat Hot Dog Bun Ketchup & Mustard Pineapple Tidbits Fortified Juice	31) Swedish Turkey Meatballs Penne Pasta Mixed Vegetables Wheat Bread 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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