

**May 2019 HOT MEALS-Home Delivered Meals on Wheels of Central Maryland**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1) Baked Chicken w/Creole Sauce Lima Beans California Vegetables Wheat Bread w/Marg Tropical Fruit Grape Juice Milk</p>	<p>2) Stuffed Salmon w/Dill Sauce Corn Brussels Sprouts Wheat Bread w/Marg Applesauce Cranberry Juice Milk</p>	<p>2) Pork Roast w/Gravy Scalloped Potatoes Green Beans Wheat Bread w/Marg Fresh Fruit Cranberry Juice &amp; Milk <i>PFS-Salisbury Steak w/Gravy</i></p>
<p>6) Beef Hot Dog Sauerkraut Ranch Beans Wheat Hot Dog Bun Ketchup &amp; Mustard Tropical Fruit Cranberry Juice Milk</p>	<p>7) Chicken Breast w/Marinara Sauce Garlic Rotini Green Peas Italian Bread w/Marg Pineapple Tidbits Orange Juice Milk</p>	<p>8) Meatloaf w/Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Fresh Fruit Cranberry Juice Milk</p>	<p>9) Veggie Burger Macaroni &amp; Cheese Glazed Baby Carrots Wheat Hamburger Bun Mayo &amp; Ketchup Diced Pears Orange Juice Milk</p>	<p>10) Chicken Kiev Confetti Rice Garden Vegetables Dinner Roll w/Marg Fresh Fruit Chocolate Cake Cranberry Juice Milk</p>
<p>13) Caked Chicken w/Country Captain Sauce Brown Rice Broccoli Wheat Bread w/Marg Fresh Fruit Apple Juice Milk</p>	<p>14) Hamburger Sliced Cheese Crispy Cubed Potatoes Harvard Beets Wheat Hamburger Bun Mayo &amp; Ketchup Diced Pears Cranberry Juice Milk</p>	<p>15) Pork Roast w/Apricot Mustard Sauce Macaroni &amp; Cheese Green Beans Wheat Bread w/Marg Tropical Fruit Grape Juice &amp; Milk <i>PFS-Chicken w/Apricot Mustard Sauce</i></p>	<p>16) 10 Grain Pollock Black Eyed Peas Okra &amp; Stewed Tomatoes Dinner Roll w/Marg Fresh Fruit Orange Juice Milk  <i>PFS- Swiss Steak w/Gravy</i></p>	<p>17) Swedish Meatballs Whole Grain Penne Pasta Sliced Carrots Wheat Bread w/Marg Cinnamon Applesauce Cranberry Juice Milk</p>
<p>20) Southwest Chicken Spanish Rice Mexicali Vegetables Wheat Bread w/Marg Mandarin Oranges Grape Juice Milk</p>	<p>21) Salisbury Steak w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Fresh Fruit Orange Juice Milk</p>	<p>22) Cheese Lasagna Roll Up w/Marinara Sauce Corn Green Peas Italian Bread w/Marg Tropical Fruit Apple Juice Milk</p>	<p>23) Baked Chicken w/Country Gravy Mashed Spiced Yams Broccoli Biscuit w/Marg Diced Peaches Apple Juice Milk</p>	<p>24) BBQ Pork Riblet Baked Beans Apple Crisp Coleslaw Wheat Hamburger Bun Cranberry Juice Milk <i>PFS- BBQ Beef Riblet</i></p>
<p>27) Offices Closed-Frozen Meals were sent on 5/20 for use today.</p> <p align="center">  </p>	<p>28) Beef Santa Fe Chili Brown Rice Spinach Saltine Crackers Fresh Fruit Cranberry Juice Milk</p>	<p>29) Turkey Burger Sauteed Peppers &amp; Onions Broccoli Wheat Hamburger Bun Mustard Diced Pears Apple Juice Milk</p>	<p>30) Cabbage Roll w/Marinara Sauce Whipped Potatoes Green Beans Wheat Bread w/Marg Fresh Fruit Orange Juice Milk</p>	<p>31) Sliced Turkey w/Gravy Lima Beans Sliced Carrots Biscuit w/Marg Mandarin Oranges Apple Juice Milk</p>

## May 2019 COLD MEALS-Home Delivered *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1) Sliced Ham &amp; Cheese Coleslaw Diced Peaches Wheat Bread Mayo Fortified Juice</p>	<p>2) Chicken Caesar Salad w/Dressing Quinoa Pepper Salad Fresh Fruit Blueberry Muffin Fortified Juice</p>	<p>3) Tuna Salad Tomato Salsa Tropical Fruit Wheat Pita Bread Fortified Juice</p> <p style="text-align: right;"><i>PFS-Turkey Salad</i></p>
<p>6) Baked Chicken Breast w/ Honey Mustard Sauce Penne Pasta Salad Fresh Fruit Wheat Hamburger Bun Fortified Juice</p>	<p>7) Sliced Turkey &amp; Swiss Cheese Green Beans &amp; Tomato Salad Diced Peaches Pumpnickel Bread Mayo Fortified Juice</p>	<p>8) Egg Salad Carrot Raisin Salad Tropical Fruit Kaiser Roll Fortified Juice</p>	<p>9) Turkey Chef Salad w/Dressing Mediterranean Lentil Salad Fresh Fruit Wheat Roll Fortified Juice</p>	<p>10) Seafood Salad Mixed Vegetable Salad Pineapple Tidbits Wheat Pita Bread Fortified Juice</p> <p style="text-align: right;"><i>PFS-Egg Salad</i></p>
<p>13) Tuna Salad Copper Pennies Pineapple Tidbits Croissant Fortified Juice</p> <p style="text-align: right;"><i>PFS-Turkey Salad</i></p>	<p>14) Greek Chicken Salad w/Dressing Pasta Salad Fresh Fruit Naan Bread Fortified Juice</p>	<p>15) Sliced Roast Beef &amp; Muenster Cheese Black Eyed Pea Salad Fresh Fruit Wheat Bread Mayo Fortified Juice</p>	<p>16) Turkey Salad Coleslaw Diced Peaches Wheat Bread Fortified Juice</p>	<p>17) Zesty Baja Chicken Salad Three Bean Salad Fresh Fruit Wheat Pita Bread Fortified Juice</p>
<p>20) Egg Salad Macaroni Salad Fresh Fruit Wheat Bread Fortified Juice</p>	<p>21) Chicken Pasta Salad Broccoli Craisin Salad Mandarin Oranges Wheat Roll Fortified Juice</p>	<p>22) Tuna Salad Lemon Dijon Carrot Salad Fresh Fruit Wheat Pita Bread Fortified Juice</p> <p style="text-align: right;"><i>PFS-Egg Salad</i></p>	<p>23) Sliced Corned Beef &amp; Swiss Cheese White Bean Salad w/Olives Fresh Fruit Rye Bread Mustard Fortified Juice</p>	<p>24) Turkey Salad Mixed Green Salad w/Dressing Tropical Fruit Crossiant Fortified Juice</p>
<p>27) Offices Closed-Frozen Meals were sent on 5/20 for use today.</p> <div style="text-align: center;">  </div>	<p>28) Krab Salad Coleslaw Tropical Fruit Croissant Fortified Juice</p> <p style="text-align: right;"><i>PFS-Egg Salad</i></p>	<p>29) Southwest Chicken Salad w/Dressing Mediterranean Lentil Salad Fresh Fruit Wheat Roll Fortified Juice</p>	<p>30) Sliced Ham &amp; Provolone Cheese Citrus Carrot Salad Cinnamon Applesauce Rye Bread Mustard Fortified Juice</p>	<p>31) Egg Salad Potato Salad Fresh Fruit Wheat Bread Fortified Juice</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 PRIO

**OVER →**

MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.