




## May 2022 HOT MEALS -Home Delivered      *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Beef & Chicken Meatballs Marinara Sauce & Penne Carrots WW Roll Fresh Fruit Milk	3) Orange Glaze Chicken Corn Broccoli Wheat Bread Pineapple Tidbits Apple Juice Milk	4) Salisbury Steak w/ Gravy Whipped Potatoes Green Beans WW Bread Fresh Fruit Milk	5) Brunswick Stew Brown Rice Spinach WW Biscuit Mixed Fruit Orange Juice Milk	6) Potato Crusted Fish w/ Tartar Sauce Lima Beans Sliced Carrots Applesauce & Orange Juice Milk PFS – Turkey & Gravy
9) Mushroom Chicken Confetti Rice Broccoli WW Roll Fresh Fruit Milk <i>Mother's Day Dessert</i>	10) Beef & Rice Casserole Green Beans Hot Spiced Apples WW Roll Orange Juice Milk	11) Parmesan Chicken Patty Garlic Penne Pasta Green Peas Wheat Bread Pineapple Tidbits Orange Juice Milk	12) Meatloaf w/ Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk	13) Veggie Burger on WW Hamburger Bun Ranch Beans Glazed Carrots Pears & Orange Juice Milk
16) Swedish Meatballs Penne Pasta Carrots WW Bread Applesauce & Orange Juice Milk	17) Cranberry Dijon Chicken Confetti Rice Broccoli Wheat Bread Fresh Fruit Milk	18) Hamburger on WW Bun Tater Tots Green Peas Pears & Orange Juice Milk	19) Chicken Tenders Macaroni & Cheese Green Beans WW Bread Mandarin Oranges Apple Juice Milk	20) 10 Grain Pollack w/ Tartar Black-eyed Peas Collard Greens Wheat Bread Fresh Fruit Milk PFS Swiss Steak
23) Chicken Alfredo Broccoli Hot Spiced Pears Apple Juice Milk	24) Sloppy Joe on White Bread Ranch Beans Collard Greens Fresh Fruit Milk	25) Turkey Burger on WW Hamburger Bun Sauteed Onions & Peppers Corn Fresh Fruit Milk	26) Meatballs w/Gravy Whipped Potatoes Glazed Carrots WW Roll Fresh Fruit Milk	27) Beef Hot Dog on WW Bun Sauerkraut Potato Wedges Fresh Fruit Milk Mustard
30) <i>Offices closed</i>  <i>Memorial Day</i> 	31) Turkey & Gravy Lima Beans Carrots WW Bread Mandarin Oranges Apple Juice Milk			



## May 2022 COLD MEALS-Home Delivered

## Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Chicken Salad on Wheat Copper Pennies Pineapple Fortified Juice	3) Turkey Breast w/ Swiss Cheese White Bean Salad w/Olives Hamburger Bun Fresh Fruit Mustard Fortified Juice	4) Egg Salad on Wheat Green Pea Salad Tropical Fruit Fortified Juice	5) Roast Beef & Cheese on Wheat Beets w/ Citrus Dressing Peaches Mayonnaise Fortified Juice	6)) Chicken Caesar Salad Pasta Salad Fresh Fruit WW Roll Fortified Juice Assorted Dressing  Fortified Juice
9) Tuna Salad on Wheat Broccoli Raisin Salad Pineapple Fortified Juice	10) Chicken Salad on Pita Pasta Salad Fresh Fruit Fortified Juice	11) Turkey w/ Swiss on Wheat Bread Mediterranean Lentil Salad Fresh Fruit Mustard Fortified Juice	12) Egg Salad on WW Bread Carrot Raisin Salad Tropical Fruit Fortified Juice	13) Turkey Chef Salad Macaroni Salad Fresh Fruit WW Roll Assorted Dressing Fortified Juice
16) Zesty Baja Chicken Salad on WW Bread Three Bean Salad Fresh Fruit Fortified Juice	17) Turkey Salad on Bun Copper pennies Pineapple Chunks Fortified Juice	18) Oriental Chicken Salad w/ WW Roll Pasta Salad Fresh Fruit Assorted Dressing Fortified Juice	19) Roast Beef w/ Provolone Cheese Black-eyed Pea Salad Fresh Fruit Mustard Fortified Juice	20) Egg Salad on WW Bread Beets w/ Citrus Dressing Applesauce Fortified Juice
23) Tuna Salad on Wheat Bread Macaroni Salad Fresh Fruit Fortified Juice	24) Turkey Salad on Bun Green Pea Salad Tropical Fruit Fortified Juice	25) Turkey w/ Cheese on WW Bread White Bean Salad w/ Olives Fresh Fruit Mustard Fortified Juice	26) Egg Salad on Wheat Bread Citrus Carrot Salad Fresh Fruit Fortified Juice	27) Chicken Pasta Salad Broccoli Raisin Salad Mandarin Oranges WW Roll Fortified Juice
30) <b>Closed Offices</b> 	31) Tuna Salad on Pita Tomato Salad 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

