



**May 2023 HOT MEALS-Home Delivered**



*Meals on Wheels of Central Maryland*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Beef Meatballs in Sun Gold Tomato Sauce Buttered Penne Green Beans Wheat Bread Pears Orange Juice Milk	2) Caribbean Spiced Chicken Parslied Rice Cabbage Medley WW Roll Fresh Fruit Milk	3) Pork Loin w/ French Onion Sauce Rosemary White Beans Broccoli WW Roll Fresh Fruit & Milk  PFS- Salisbury Beef	4) Turkey w/ Dijon Herb Sauce Whipped Potatoes Carrots WW Roll Tropical Fruit Apple Juice & Milk	5) Fajita Chicken w/ Flour Tortilla Mexican Rice Fiesta Veg Blend Strawberry Applesauce Orange Juice Milk
8) Chicken Patty w/ Tomato Sauce Buttered Rotini Broccoli WW Bread Fresh Fruit Milk	9) Beef Hot Dog w/ Bun Baked Beans Cole Slaw Spiced Fruit Grape Juice & Milk	10) Chicken w/ Creamy Paprika Sauce Bow Tie Pasta Green Peas Italian Bread Pears Orange Juice & Milk	11) Meatloaf w/ Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk	12) Cranberry Dijon Chicken Scalloped Potatoes Broccoli WW Roll Fresh Fruit Special Dessert Milk
15) Swedish Beef Meatballs w/ Penne Pasta Green Beans WW Bread Cinnamon Applesauce Orange Juice & Milk	16) Baked Chicken w/ Coconut Curry Sauce Brown Rice Broccoli Wheat Bread Fresh Fruit & Milk	17) Sloppy Joe on WW Bun Tater Tots Harvard Beets Pears Milk	18) Glazed Ham Mac & Cheese Carrots WW Bread Tropical Fruit Apple Juice & Milk PFS-Turkey w/ Pineapple Glaze	19) 10 Grain Pollack Black-eyed Peas California Blend WW Roll Fresh Fruit Milk  PFS-Baked Chicken
22) Turkey w/ Country Gravy Crispy Cubed Potatoes Brussel Sprouts WW Roll Fresh Fruit Milk	23) Pulled Pork BBQ Ranch Beans Apple Slaw Biscuit Spiced Peaches Grape Juice & Milk PFS- Creole Steak	24) Southwest Chicken w/ Spanish Rice Mexicali Vegetables WW Bread Cinnamon Applesauce Orange Juice & Milk	25) Salisbury Beef w/ Burgundy Sauce Whipped Potatoes Glazed Carrots WW Roll Fresh Fruit Milk	26) Honey BBQ Chicken Baked Beans Coleslaw WW Roll Peach Cobbler Apple Juice & Milk
29) Offices Closed  	30) Chicken Curry w/ Lemon Rice Okra & Tomato Naan Bread Pineapple Orange Juice & Milk	31) Baked Cod Loin w/ Dill Sauce Lima Beans California Vegetable Blend WW Roll Fresh Fruit & Milk		

**May 2023 COLD MEALS-Home Delivered** *Meals on Wheels of Central Maryland*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Chicken Salad on Potato Roll Citrus Carrot Salad Tropical Fruit Fortified Juice	2) Turkey w/ Provolone on WW Bread Mediterranean Lentil Salad Fresh Fruit Fortified Juice	3) Tuna Salad on WW Pita Tomato Salsa Cinnamon Applesauce Fortified Juice  PFS- Turkey Salad	4) Ham & American Cheese on WW Bread Honey Lime Corn Salad Fresh Fruit Fortified Juice PFS-Roast Beef	5) Chicken Caesar Salad Pasta Salad WW Roll Pears Fortified Juice
8) Tuna Salad on WW Bread Mixed Vegetable Salad Tropical Fruit Fortified Juice  PFS-Egg Salad	9) Chicken Salad on WW Bun WG Penne Pasta Salad Fresh Fruit Fortified Juice	10) Ham & Provolone Cheese on Potato Roll Cucumber Salad w/ Creole Dressing Applesauce Fortified Juice PFS- Roast Beef	11) Turkey & American Cheese Copper Pennies Fresh Fruit WW Bread Fortified Juice	12) Greek Chicken Salad Mediterranean Lentil Salad Fresh Fruit Fortified Juice
15) Chicken Salad on WW Pita Green Pea Salad Fresh Fruit Fortified Juice	16) Tuna Salad on WW Tortilla Lemon Dijon Carrot Salad Pineapple Fortified Juice  PFS-Turkey Salad	17) Sesame Chicken Salad Green Bean Salad Fresh Fruit WW Roll Fortified Juice	18) Roast Beef & Cheddar Cheese on WW Bread Black-eyed Pea Salad Fresh Fruit Fortified Juice	19) Turkey & American Cheese on WW Bread Coleslaw Mandarin Oranges Fortified Juice
22) Egg Salad on Wheat Bread Macaroni Salad Fresh Fruit Fortified Juice	23) Turkey Salad on Potato Roll Cucumber Salad w/ Creole Dressing Fortified Juice	24) Roast Beef & Provolone Cheese on WW Bread White Bean Salad w/ Olives Fresh Fruit Fortified Juice	25) Chicken Pasta Salad WW Roll Broccoli Cran Raisin Salad Strawberry Applesauce Fortified Juice	26) Tuna Salad on WW Pita Copper Pennies Fresh Fruit Fortified Juice  PFS-Egg Salad
29) <b>Offices Closed</b>  Memorial Day 	30) Tuna Salad on Potato Roll Beet Salad Tropical Fruit Fortified Juice  PFS- Egg Salad	31) Roast Beef & American Cheese on WW Tortilla Citrus Carrot Salad Cinnamon Applesauce Fortified Juice		

**TO CANCEL A MEAL, SHARE A CONCERN, OR ASK A QUESTION CALL CLIENT ENGAGEMENT AT 410-558-0923**

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