



November 2021 HOT MEALS-Home Delivered *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1) Beef Tamale Stew Diced Potatoes Spinach Cornbread Muffin w/Margarine Fruit Cocktail, Orange Juice 1% Milk</p>	<p>2) Honey Balsamic Chicken Leg Quarter Braised Lentils Mixed Vegetables WW Bread w/ Margarine Tropical Fruit & Apple Juice 1% Milk</p>	<p>3) Breaded Pollack Potato Wedges w/ Ketchup Broccoli WW Hamburger Bun Tartar Sauce Fresh Fruit & Grape Juice 1% Milk PFS- Chicken Patty</p>	<p>4) Teriyaki Meatballs Confetti Rice Carrots Dinner Roll w/ Margarine Pineapple & Orange Juice 1% Milk</p>	<p>5) Beef Hot Dog on WW Bun Corn Casserole Green Peas Mandarin Oranges & Grape Juice 1% Milk Ketchup & Mustard</p>
<p>8) Fiesta Chicken Cilantro Lime Rice Mexical Vegetable Blend WW Bread w/ Margarine Mandarin Oranges & Apple Juice 1% Milk</p>	<p>9) Roast Beef w/ Gravy Garlic Whipped Potatoes Glazed carrots Dinner Roll w/ Margarine Tropical Fruit & Grape Juice 1% Milk</p>	<p>10) BBQ Pork Rib Patty Baked Beans Mixed Vegetables WW Hamburger Bun Diced Peaches & Orange Juice 1% Milk PFS- BBQ Beef Rib Patty</p>	<p>11) Creamy Paprika Chicken Buttered Bow Tie Pasta WW Bread w/ Margarine Fresh Fruit & Orange Juice 1% Milk</p>	<p>12) Beef Chili w/ Beans Brown Rice Broccoli Saltine Crackers Spiced Apples & Grape Juice 1% Milk</p>
<p>15) Potato Crusted Fish w/ Tartar Sauce Mac & Cheese Herbed Green Beans Dinner Roll w/ Margarine Peaches & Orange Juice 1% Milk</p>	<p>16) Honey BBQ Chicken Leg Baked Beans Cabbage WW Bread w/ Margarine Tropical Fruit & Apple Juice 1% Milk</p>	<p>17) Beef Ziti Bake Mixed Greens Wheat Bread w/ Margarine Hot Spiced Fruit Orange Juice 1% Milk</p>	<p>18) Turkey w/ Gravy Whipped Potatoes Broccoli Biscuit w/ Margarine Pineapple & Apple Juice 1% Milk</p>	<p>19) Swedish Meatballs WG Herb Penne Carrots WW Bread w/ Margarine Fresh Fruit & Orange Juice 1% Milk</p>
<p>22) Seafood Creole w/ Brown Rice Stewed Okra Biscuit w/ Margarine Fresh Fruit & Orange Juice 1%Milk PFS- Turkey w/ Gravy</p>	<p>23) <i>Turkey & Gravy Stuffing & Whipped Potatoes French Green Beans Ambrosia Salad Holiday Dessert Cranberry Sauce & Cranberry Juice 1% Milk</i></p>	<p>24) <i>Frozen Meals Delivered w/ Holiday Meals</i></p>	<p>25) Closed</p> 	<p>26) Closed</p>
<p>29) Meatloaf w/ Gravy Whipped Potatoes Brussel Sprouts WW Bread w/ Margarine Fresh Fruit & Apple Juice 1% Milk</p>	<p>30) Glazed Ham Mac & Cheese Green Peas Dinner Roll w/ Margarine Mandarin Oranges & Grape Juice 1% Milk PFS- Turkey & Pineapple Glaze</p>			

November 2021 COLD MEALS-Home Delivered Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Turkey w/ Cheese Kaiser Roll Copper Pennies Pineapple & Fortified Juice Mustard	2) Egg Salad on Whole Wheat Confetti Corn Salad Fresh Fruit & Fortified Juice	3) Roast Beef w/Muenster Cheese White Bean & Olive Salad Hamburger Bun Fresh Fruit & Fortified Juice Mustard	4) Turkey Salad on WW Pita Pasta Salad Fresh Fruit & Fortified Juice	5) Chicken Pasta Salad Three Bean Salad Whole Wheat Roll Tropical Fruit & Fortified Juice
8) Roast Beef w/ Cheddar Patriotic Bean salad Wheat Bread Fresh Fruit & Fortified Juice Mayonnaise	9) Grilled Chicken Breast Pasta Salad Kaiser Roll Fresh Fruit & Fortified Juice Honey Mustard Sauce	10) Turkey and Cheese on WW Bread Fresh Fruit & Fortified Juice Mustard	11) Egg Salad on WW Bread Mexican Coleslaw Mandarin Oranges & Fortified Juice	12) Chicken Salad on WW Pita Carrot Raisin Salad Tropical Fruit & Fortified Juice
15) Sliced Ham & Cheese on Wheat Bread Apple Slaw Tropical fruit & Fortified Juice Mustard PFS- Turkey & Cheese	16) Tuna Salad on WW Pita Green Pea Salad Peaches & Pineapple Fortified Juice PFS-Egg Salad	17) Turkey & Swiss Cheese on WW Bread Copper Pennies Mandarin Oranges & Pineapple Fortified Juice Mayonnaise	18) Chicken Salad on Bun Mediterranean Lentil Salad Fresh Fruit Fortified Juice	19) Turkey Salad on Kaiser Roll Tuscany Vegetable Salad Mandarin Oranges & Fortified Juice
22) Roast Beef w/ Muenster Cheese WW Bread Patriotic Bean Salad Fresh Fruit & Fortified Juice Mayonnaise	23) Ham & Cheese on WW Bread Beet Salad Tropical Fruit Salad & Fortified Juice Mustard PFS- Turkey & Cheese	<i>24) Frozen Meals Delivered w/ Holiday Meals</i>	25) Closed	26) Closed
29) Ham & Cheese on Kaiser Roll Three Bean Salad Pineapple Chunks & Fortified Juice Mayonnaise PFS- Turkey & Cheese	30) Zesty Baja Chicken Salad on Bun Citrus Carrot Salad Fresh 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.

OVER →

