




November 2022 HOT MEALS Home Delivered Meals on Wheels of Central Maryland




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Baked Chicken w/ Pumpkin Seed Mole Braised Lentils Green Peas WW Bread Tropical Fruit Apple Juice & Milk	2) Offices Closed for All Staff Meeting <i>Meals will be delivered in advance</i>	3) Teriyaki Meatballs Confetti Rice Carrots Dinner Roll Pineapple Orange Juice & Milk	4) Cheese Omelet Tater Tots Stewed Tomatoes Biscuit Fresh Fruit Milk
7) Southwest Chicken Thigh Cilantro Lime Rice Mexicali Veg Blend WW Bread Mandarin Oranges Apple Juice & Milk	8) Roast Beef & Gravy Garlic Whipped Potatoes Glazed Carrots Dinner Roll Fresh Fruit Milk	9) Hamburger on Bun Lettuce/Tomato/Pickle Baked Beans Mixed Vegetables Pears Orange Juice & Milk	10) Popcorn Chicken w/ BBQ Sauce Macaroni & Cheese Brussel Sprouts WW Bread Fresh Fruit & Milk	11) Beef Santa Fe Chili Brown Rice Broccoli Cornbread Muffin Spiced Apples Grape Juice & Milk
14) Potato Crusted Fish Cheesy Polenta Lemon Tarragon Green Beans Dinner Roll Mandarin Oranges Grape Juice & Milk PFS-Salisbury Beef	15) Honey BBQ Chicken Baked Beans Cabbage WW Bread Fresh Fruit Milk	16) Greek Pastitsio (Lasagna) Mixed Greens Wheat Bread Spiced Fruit Orange Juice & Milk	17) Meatloaf w/ Gravy Whipped Potatoes Broccoli WW Roll Fresh Fruit Milk	18) <i>Thanksgiving Special</i> Turkey w/ Gravy Mashed Potatoes & Stuffing French Green Beans Ambrosia Salad Cranberry Sauce Sweet Potato Pie Apple Juice & Milk
21) Turkey Ala King Brown rice Spinach Biscuit Pears Orange Juice & Milk	22) Sloppy Joe Potato Wedges Mixed Vegetables WW Bun Mandarin Oranges Apple Juice & Milk	23) Swedish Meatballs Buttered Herbed Penne Carrots WW Bread Tropical Fruit Apple Juice & Milk	24) <i>Offices Closed</i> 	25 <i>Offices Closed</i> 
28) Meatloaf w/ Gravy Whipped Potatoes Brussel Sprouts WW Bread Fresh Fruit & Milk	29) Glazed Ham Macaroni & Cheese Green Peas Dinner Roll Applesauce Orange Juice & Milk PFS-Glazed Turkey	30) Hamburger on Bun Lettuce/Tomato/Pickle Baked Beans Carrots Pineapple Apple Juice & Milk		



November 2022 COLD MEALS Home Delivered Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) White Bean Tuna Salad w/ WW Bread Confetti Corn Salad Fresh Fruit & Fortified Juice PFS-Egg Salad	2) Office Closed for All Staff Meeting <i>Meals will be delivered in advance</i>	3) Turkey Salad on WW Pita Pasta Salad Fresh Fruit Fortified Juice	4) Chicken Pasta Salad Three Bean Salad WW Roll Tropical fruit Fortified Juice
7) Chicken Salad on WW Pita Honey Ginger Carrots Tropical Fruit Fortified Juice	8) Greek Chicken Salad Pasta Salad Fresh Fruit WW Roll Fortified Juice	9) Turkey & American Cheese on WW Bread Mediterranean Salad Fresh Fruit Fortified Juice	10) Egg Salad on WW Bread Cucumber Salad w/ Creole Dressing Mandarin Oranges Fortified Juice	11) Ham & Cheddar on WW Bun Black-eyed Pea Salad Fresh Fruit Fortified Juice Mayonnaise PFS-Roast Beef
14) Turkey Salad on WW Pita Tuscany Vegetable Salad Mandarin Oranges Fortified Juice	15) Tuna Salad on WW Pita Green Pea Salad Peaches & Pineapple Fortified Juice PFS-Egg Salad	16) Turkey & Provolone Cheese on WW Bread Copper Pennies Fluffy Fruit Salad Fortified Juice	17) Chicken Caesar Salad Mediterranean Lentil Salad WW Roll Fresh Fruit Assorted Dressing	18) Ham & American Cheese on Wheat Bread Apple Slaw Tropical Fruit Fortified Juice
21) Roast Beef w/ Muenster on WW Bread Chickpea Salad Fresh Fruit Fortified Juice	22) Krab Macaroni Salad Italian Cucumber Salad Mandarin Oranges & Pineapple WW Roll Fortified Juice PFS-Chicken Pasta Salad	23) Ham & American Cheese on WW Bread Beet Salad Tropical Fruit Fortified Juice PFS-Turkey	24) Offices Closed 	25) Offices Closed 

<p>28) Chicken Pasta Salad Three Bean Salad WW Roll Tropical Fruit Fortified Juice</p>	<p>29) Asian Chicken Salad Black Bean & Rise salad WW Roll Fresh Fruit Fortified Juice Assorted Dressing</p>	<p>30) Turkey & Provolone on WW Bread Three Bean Salad Fluffy Fruit Salad Fortified Juice</p>		
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