




November 2023 COLD MEALS Home Delivered Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Turkey Salad on Bun Pasta Salad Applesauce Fortified Juice	2) White Bean Tuna Salad on Wheat Honey Lime Corn Salad Fresh Fruit Fortified Juice PFS- Egg Salad	3) Turkey & American Cheese on Wheat Lemon Dijon Carrot Salad Pineapple Fortified Juice
6) Ham & Cheddar Cheese on Bun Black-eyed Pea Salad Fresh Fruit Fortified Juice PFS- Roast Beef	7) Turkey & American Cheese on Wheat Lentil Salad Fresh Fruit Fortified Juice	8) Greek Chicken Salad WG Penne Pasta Salad Applesauce Croutons Assorted Dressing Fortified Juice	9) Egg Salad on Whole Wheat Cucumber Onion Salad Tropical Fruit Fortified Juice	10) Chicken Salad on Pita Bread Citrus Carrot Salad Fresh Fruit Fortified Juice
13) Turkey Salad on WW Pita Tuscany Vegetable Salad Fresh Fruit Fortified Juice	14) Ham & American Cheese on Wheat Collard Greens Slaw Tropical Fruit Fortified Juice PFS-Turkey & American Cheese	15) Tuna Salad on WW Pita Honey Ginger Carrots Applesauce Fortified Juice PFS-Egg Salad	16) Turkey & Cheddar Cheese on Whole Wheat Bread Three Bean Salad Fresh Fruit Fortified Juice	17) Chicken Caesar Salad w/ Croutons Lentil Salad Carri Fruit Salad Fortified Juice
20) Egg Salad on Wheat Bread Italian Cucumber Salad Applesauce Fortified Juice	21) Lemon Pepper Tuna Salad on WW Pita Honey Ginger Carrots Tropical Fruit Fortified Juice PFS- Honey Mustard Chicken Salad	22) Ham & American Cheese on Wheat Green Pea Salad Pineapple Fortified Juice PFS- Turkey & American Cheese	23) Offices Closed 	24) Offices Closed 
27) Ham & Cheddar on Wheat Bread Lemon Dijon Carrot Salad Tropical Fruit Fortified Juice	28) Turkey & Provolone Cheese on Whole Wheat Chickpea Salad Applesauce Fortified Juice	29) Asian Chicken Salad Whole Grain Roll Black Bean & Rice Salad Fresh Fruit Fortified Juice	30) Tuna Salad on WW Pita Broccoli Raisin Salad Fresh Fruit Fortified Juice PFS-Egg Salad	