

November 2023 HOT MEALS Home Delivered *Meals on Wheels of Central Maryland*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1) 10 Grain Pollack
Corn Casserole
Broccoli
WW Bread
Fresh Fruit
Milk
PFS- Chicken Nuggets

2) Teriyaki Beef Meatballs
Confetti Rice
Ginger Carrots
Dinner Roll
Pineapple Tidbits
Orange Juice
Milk

3) Baked Chicken w/ Pumpkin
Mole
Braised Lentils
Peas & Carrots
WW Bread
Tropical Fruit
Apple Juice & Milk

6) Southwest Chicken
Cilantro Lime Rice
Mexicali Veg Blend
WW Bread
Mandarin Oranges
Apple Juice & Milk

7) Salisbury Beef w/ Brown
Gravy
Garlic Whipped Potatoes
Glazed Carrots
Dinner Roll
Fresh Fruit & Milk

8) Turkey & Gravy
Scalloped Potatoes
Mixed Vegetables
WG Roll
Pears
Orange Juice & Milk

9) Chicken Nuggets w/ Honey
Mustard Sauce
Baked Beans
Brussel Sprouts
Wheat Bread
Fresh Fruit & Milk

10) Beef Santa Fe Chili
Brown Rice
Broccoli
Dinner Roll
Peaches
Apple Juice & Milk

13) 10 Grain Pollack w/
Polenta
Tarragon Green Beans
Dinner Roll
Mandarin Oranges
Apple Juice & Milk
PFS-Salisbury Beef

14) Sliced Turkey w/ Dijon
Mustard Sauce
Garlic Parmesan Orzo
Broccoli
WG Roll
Fresh Fruit & Milk

15) Swedish Beef Meatballs
WG Penne Pasta
Carrots
WW Bread
Tropical Fruit
Apple Juice & Milk

16) Honey BBQ Chicken
Baked Beans
Cabbage
WW Bread
Fresh Fruit & Milk

17) Pastitsio Lasagna Greek
Spinach
Wheat Bread
Warm Cinnamon
Applesauce
Orange Juice & Milk

20) Creamy Chicken Tikka
Turmeric Basmati Rice
Green Beans
Wheat Bread
Tropical Fruit
Apple Juice & Milk

*21) Turkey & Gravy w/
Cornbread Dressing
Whipped Potatoes
Green Beans
Cranberry Sauce
Pumpkin Pie
Apple Juice & Milk*

22) Sloppy Joes on Bun
Oven Roasted Potatoes
Mixed Vegetables
Mandarin Oranges
Apple Juice
Milk

23) Offices Closed



24) Offices Closed




27) Meatloaf w/ Gravy
Whipped Potatoes
Brussel Sprouts
Dinner Roll
Fresh Fruit
Milk

28) Ham w/ Mac & Cheese
Green Peas
WW Bread
Applesauce
Orange Juice & Milk
PFS-Pineapple Glaze Chicken

29) Hamburger on WW Bun
Baked Beans
Carrots
Fresh Fruit
Apple Juice & Milk

30) Mediterranean Chicken
Lemon Orzo
Brussel Sprouts
Wheat Bread
Fresh Fruit
Milk

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

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