

October 2019 Frozen Meals

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1) Salisbury Steak w/Gravy Whipped Potatoes Curry Okra & Tomatoes Dinner Roll w/Marg Pineapple Tidbits Cranberry Juice Milk	2) Hamburger Baked Beans Sliced Carrots WW Hamburger Bun Ketchup Spiced Apples Cranberry Juice Milk	3) Meatloaf w/Onion Gravy Scalloped Potatoes Spinach Dinner Roll w/Marg Applesauce Orange Juice Milk	4) Lemon Pepper Chicken Corn Green Beans WW Bread w/Marg Mandarin Oranges & Pineapple Apple Juice Milk	5) Baked Meatballs w/Pineapple Sauce Brown Rice Japanese Vegetables Wheat Bread w/Marg Tropical Fruit Apple Juice Milk	6) Hawaiian Chicken Corn Green Beans WW Roll w/Marg Diced Peaches Orange Juice Milk
7) Hamburger Macaroni & Cheese Collard Greens WW Hamburger Bun Ketchup Diced Pears Orange Juice Milk	8) Baked Meatballs w/Peking Sauce Brown Rice Japanese Vegetables Dinner Roll w/Marg Mandarin Oranges Apple Juice Milk	9) Swiss Steak w/Gravy Mashed Spiced Yams Squash & Zucchini Dinner Roll w/Marg Tropical Fruit Apple Juice Milk	10) Chicken Marsala Buttered Bow Tie Pasta Green Peas Italian Bread w/Marg Pineapple Tidbits Cranberry Juice Milk	11) Beef Hot Dog Baked Beans Mixed Vegetables WW Hot Dog Bun Ketchup & Mustard Spiced Apples Fruit Punch Juice Milk	12) Baked Chicken Breast w/BBQ Sauce Tater Tots Mixed Vegetables WW Hamburger Bun Diced Peaches Orange Juice Milk	13) Beef Italiano Whipped Potatoes Harvard Beets Wheat Bread w/Marg Diced Pears Cranberry Juice Milk
14) Honey Mustard Chicken Macaroni & Cheese Herbed Green Beans Dinner Roll w/Marg	15) BBQ Chicken Breast Baked Beans Cabbage WW Bread w/Marg Tropical Fruit Apple Juice Milk	16) Beef Ziti Bake Kale Hot Spiced Fruit Italian Bread w/Marg Fruit Punch Juice Milk	17) Sliced Turkey w/Brown Gravy Whipped Potatoes Broccoli Biscuit w/Marg Pineapple Tidbits Apple Juice Milk	18) Swedish Meatballs WG Herbed Penne Sliced Carrots WW Bread w/Marg Sliced Pears Cranberry Juice Milk	19) Baked Chicken Breast w/BBQ Sauce Black Eyed Peas Mixed Greens Texas Bread w/Marg Pineapple Tidbits Orange Juice Milk	20) Grilled Chicken Breast w/Brown Gravy Oven Roasted Potatoes Glazed Carrots WW Bread w/Marg Mandarin Oranges Grape Juice & Milk
21) Grilled Chicken Breast w/Gravy Brown Rice Stewed Okra Biscuit w/Marg Applesauce Cranberry Juice Milk	22) Sloppy Joe Potato Wedges Green Beans WW Hamburger Bun Sliced Pears Fruit Punch Juice Milk	23) Breaded Chicken Patty w/Marinara Sauce WG Garlic Rotini Broccoli Italian Bread w/Marg Pineapple Tidbits Apple Juice Milk	24) Sliced Turkey w/Gravy Black Eyed Peas Sliced Carrots WW Roll w/Marg Tropical Fruit Orange Juice Milk	25) Creamy Tikka Chicken Parslied Rice Garlic Parmesan Cauliflower Naan Bread w/Marg Mandarin Oranges Apple Juice Milk	26) Sliced Turkey w/Gravy O'Brien Corn Mixed Vegetables Dinner Roll w/Marg Mandarin Oranges & Pineapple Cranberry Juice Milk	27) Creole Steak O'Brien Hashbrowns Green Peas Wheat Bread w/Marg Sliced Peaches Orange Juice Milk
28) Meatloaf w/Gravy Whipped Potatoes Brussels Sprouts WW Bread w/Marg Sliced Peaches Apple Juice Milk	29) Sliced Turkey w/Pineapple Glaze Macaroni & Cheese Green Peas Dinner Roll w/Marg Mandarin Oranges Fruit Punch Juice Milk	30) Hamburger Baked Beans Sliced Carrots WW Hamburger Bun Ketchup Spiced Apples Cranberry Juice Milk	31) Cranberry Dijon Chicken Rosemary Potatoes Cabbage WW Roll w/Marg Pineapple Tidbits Grape Juice Milk			

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	1) Chicken Tenders Macaroni & Cheese Broccoli Dinner Roll w/Marg Diced Peaches Fortified Juice	2) Baked Chicken w/Creamy Pesto Sauce Garlic Parmesan Orzo Italian Vegetables WW Roll w/Marg Fruit Cocktail Fortified Juice	3) Grilled Chicken w/Old Bay Cream Sauce Lima Beans Garlic Spinach Biscuit w/Marg Tropical Fruit Fortified Juice	4) Meatloaf w/Gravy Cut Yams Green Peas WW Bread w/Marg Diced Pears Fortified Juice		
7) Baked Chicken Breast w/Pineapple Glaze Confetti Rice Capri Vegetables Dinner Roll w/Marg Mandarin Oranges Fortified Juice	8) Orange Glazed Chicken Black Eyed Peas Okra & Tomatoes Wheat Bread w/Marg Applesauce Orange Juice Fortified Juice	9) Turkey A La King WG Penne Pasta Ratatouille Biscuit w/Marg Pineapple Tidbits Fortified Juice	10) Meatloaf w/Gravy Whipped Potatoes Green Beans WW Roll w/Marg Tropical Fruit Fortified Juice	11) Sliced Turkey Breast w/Brown Gravy Scalloped Potatoes Glazed Carrots WW Bread w/Marg Tropical Fruit Fortified Juice		
14) Beef Italiano Whipped Potatoes Sliced Carrots Dinner Roll w/Marg Diced Pears Fortified Juice	15) Sliced Turkey w/Brown Gravy Brown Rice Mixed Vegetables WW Bread w/Marg Fruit Cocktail Fortified Juice	16) Baked Chicken Breast w/Dijon Herb Sauce Cut Yams Capri Vegetables WW Roll w/Marg Mandarin Oranges Fortified Juice	17) Beef w/Pepper & Onion Gravy Corn Broccoli Dinner Roll w/Marg Applesauce Fortified Juice	18) Italian Ranch Chicken Braised Lentils Green Beans WW Bread w/Marg Pineapple Tidbits Fortified Juice		
21) Baked Chicken Breast w/Country Captain Sauce Corn Mixed Greens Dinner Roll w/Marg Mandarin Oranges Fortified Juice	22) Sliced Turkey w/Gravy Cheesy Baked Rice Harvard Beets Wheat Bread w/Marg Tropical Fruit Fortified Juice	23) Sliced Roast Beef w/Onion Gravy Whipped Potatoes Sliced Carrots WW Bread w/Marg Diced Peaches Fortified Juice	24) Honey Baked Chicken Macaroni & Cheese Brussels Sprouts WW Roll w/Marg Pineapple Tidbits Fortified Juice	25) Beef Hot Dog Sauerkraut Baked Beans WW Hot Dog Bun Ketchup & Mustard Tropical Fruit Fortified Juice		
28) Grilled Chicken Breast w/Gravy Rosemary White Beans Mixed Vegetables WW Hamburger Bun Mandarin Oranges & Pineapples Fortified Juice	29) Beef Jardine Buttermilk Potatoes Green Beans WW Roll w/Marg Sliced Pears Fortified Juice	30) Mozzarella Chicken Garlic Rotini Broccoli Italian Bread w/Marg Sliced Peaches Fortified Juice	31) Salisbury Steak w/Gravy Confetti Rice Capri Vegetables WW Bread w/Marg Tropical 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

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