

**October 2019 HOT MEALS-Home Delivered Meals on Wheels of Central Maryland**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1) Baked Meatballs w/Peking Sauce Brown Rice Japanese Vegetables Dinner Roll w/Marg Mandarin Oranges Apple Juice &amp; Milk</p>	<p>2) Glazed Ham Mashed Spiced Yams Squash &amp; Zucchini Dinner Roll w/Marg Tropical Fruit Apple Juice Milk  <i>PFS-Swiss Steak w/Gravy</i></p>	<p>3) Chicken Marsala Buttered Bow Tie Pasta Green Peas Italian Bread w/Marg Fresh Fruit Cranberry Juice Milk</p>	<p>4) Beef Hot Dog Baked Beans Hot Spiced Apples Coleslaw WW Hot Dog Bun Ketchup &amp; Mustard Fruit Punch Juice Milk</p>
<p>7) Potato Crusted Fish Macaroni &amp; Cheese Herbed Green Beans Dinner Roll w/Marg Sliced Peaches Orange Juice Milk  <i>PFS-Honey Mustard Chicken</i></p>	<p>8) Honey BBQ Chicken Leg Baked Beans Cabbage WW Bread w/Marg Tropical Fruit Apple Juice Milk</p>	<p>9) Beef Ziti Bake Kale Hot Spiced Fruit Italian Bread w/Marg Fruit Punch Juice Milk</p>	<p>10) Sliced Turkey w/Brown Gravy Whipped Potatoes Broccoli Biscuit w/Marg Pineapple Tidbits Apple Juice Milk</p>	<p>11) Swedish Meatballs WG Herbed Penne Sliced Carrots WW Bread w/Marg Fresh Fruit Cranberry Juice Milk</p>
<p>14) Seafood Creole Brown Rice Stewed Okra Biscuit w/Marg Fresh Fruit Cranberry Juice Milk  <i>PFS-Salisbury Steak w/Gravy</i></p>	<p>15) Sloppy Joe Potato Wedges Hot Spiced Pears Coleslaw WW Hamburger Bun Fruit Punch Juice Milk</p>	<p>16) Breaded Chicken Patty WG Garlic Rotini Broccoli Italian Bread w/Marg Pineapple Tidbits Apple Juice Milk</p>	<p>17) Offices Closed-Frozen Meals were sent on 10/10 for use today.</p> <div align="center">  </div>	<p>18) Creamy Tikka Chicken Parslied Rice Garlic Parmesan Cauliflower Naan Bread w/Marg Mandarin Oranges Apple Juice Milk</p>
<p>21) Meatloaf w/Gravy Whipped Potatoes Brussels Sprouts WW Bread w/Marg Fresh Fruit Apple Juice Milk</p>	<p>22) Glazed Ham Macaroni &amp; Cheese Green Peas Dinner Roll w/Marg Mandarin Oranges Fruit Punch Juice Milk  <i>PFS-Sliced Turkey w/Pineapple Glaze</i></p>	<p>23) Hamburger Baked Beans Hot Spiced Apples Carrot Raisin Salad WW Hamburger Bun Ketchup Cranberry Juice Milk</p>	<p>24) Cranberry Dijon Chicken Rosemary Potatoes Cabbage WW Roll w/Marg Pineapple Tidbits Grape Juice Milk</p>	<p>25) Stuffed Salmon w/Newburg Sauce Confetti Rice Mixed Vegetables Wheat Bread w/Marg Fluffy Fruit Salad Orange Juice &amp; Milk  <i>PFS-Sliced Turkey w/Newburg Sauce</i></p>
<p>28) Turkey Meatballs w/Sweet &amp; Sour Sauce Garden Medley Rice California Vegetables WW Roll w/Marg Fresh Fruit Cranberry Juice Milk</p>	<p>29) Beef Spaghetti Sauce WG Penne Pasta Green Beans Cherry Cobbler Italian Bread w/Marg Orange Juice Milk</p>	<p>30) Oven Fried Chicken Black Eyed Peas Hot Spiced Fruit Mixed Green Salad w/Dressing WW Bread w/Marg Cranberry Juice Milk</p>	<p>31) Beef Hot Dog Potato Wedges Hot Spiced Apples Coleslaw WW Hot Dog Bun Ketchup &amp; Mustard Fruit Punch Juice Milk</p>	

## October 2019 COLD MEALS-Home Delivered *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Tuna Salad Broccoli Raisin Salad Pineapple Tidbits Croissant Fortified Juice	2) Sliced Ham & Swiss Cheese Mandarin Beets w/Citrus Dressing Sliced Apples WW Bread w/Mustard Fortified Juice <i>PFS-Sliced Roast Beef &amp; Swiss Cheese</i>	3) Chicken Salad Patriotic Bean Salad Fresh Fruit Kaiser Roll Fortified Juice	4) Chicken Pasta Salad Green Bean Salad Sliced Peaches WW Roll Fortified Juice
7) Sliced Ham & Cheese Appleslaw Tropical Fruit Wheat Bread Mustard Fortified Juice <i>PFS-Sliced Turkey &amp; Cheese</i>	8) Tuna Salad Green Pea Salad Peaches & Pineapples WW Pita Bread Fortified Juice  <i>PFS-Egg Salad</i>	9) Sliced Turkey & Swiss Cheese Copper Pennies Fluffy Fruit Salad WW Bread Mayo Fortified Juice	10) Chicken Caesar Salad w/Dressing Mediterranean Lentil Salad Fresh Fruit WW Roll Fortified Juice	11) Turkey Salad Tuscany Vegetable Salad Mandarin Oranges Croissant Fortified Juice
14) Sliced Roast Beef & Muenster Cheese Patriotic Bean Salad Fresh Fruit WW Bread Mayo Fortified Juice	15) Grilled Chicken Breast w/Honey Mustard Pkt Broccoli Salad Mandarin Oranges & Pineapples Kaiser Roll Fortified Juice	16) Sliced Ham & Cheese Beet Salad Tropical Fruit WW Bread Mustard Fortified Juice <i>PFS-Sliced Turkey &amp; Cheese</i>	17) Offices Closed-Frozen Meals were sent on 10/10 for use today. 	18) Egg Salad Lemon Dijon Carrot Salad Applesauce Wheat Bread Fortified Juice
21) Sliced Ham & Cheese Citrus Carrot Salad Pineapple Tidbits Kaiser Roll Mayo Fortified Juice <i>PFS-Sliced Turkey &amp; Cheese</i>	22) Southwest Chicken Salad w/Dressing Three Bean Salad WW Roll Fortified Juice	23) Sliced Turkey & Swiss Cheese Collard Greens Slaw Fluffy Fruit Salad WW Bread Mustard Fortified Juice	24) Tuna Salad Green Pea Salad Tropical Fruit WW Pita Bread Fortified Juice  <i>PFS-Egg Salad</i>	25) Turkey Salad Black Eyed Pea Salad Fresh Fruit WW Bread Fortified Juice
28) Sliced Roast Beef & Swiss Cheese Mandarin Beets w/Citrus Dressing Applesauce WW Bread Mayo Fortified Juice	29) Lemon Pepper Tuna Salad Green Pea Salad Tropical Fruit Kaiser Roll Fortified Juice  <i>PFS-Egg Salad</i>	30) Sliced Ham & Cheese Tex-Mex Pasta Salad Fresh Fruit WW Bread Mustard Fortified Juice  <i>PFS-Sliced Turkey &amp; Cheese</i>	31) Zesty Baja Chicken Salad Carrot Raisin Salad Pineapple Tidbits Wheat Bread 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

**OVER →**

MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.