

**October 2021 HOT MEALS-Home Delivered Meals on Wheels of Central Maryland**



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

				<p>1) Hamburger on Bun Crispy Cubed Potatoes Mixed Vegetables Pears Orange Juice Milk</p>
<p>4) Potato Crusted Fish Mac &amp; Cheese Herbed Green Beans &amp; Dinner Roll Peaches, Orange Juice Tartar Sauce &amp; Margarine Milk PFS- Honey Mustard Chicken</p>	<p>5) Honey BBQ Chicken Leg Baked Beans Cabbage WW Bread w/ Margarine Tropical Fruit Orange Juice Milk</p>	<p>6) Baked Beef Ziti w/ Wheat Bread Mixed Greens Hot Spiced Fruit Orange Juice Margarine Milk</p>	<p>7) Turkey Breast w/ Brown Gravy Whipped Potatoes Broccoli Biscuit w/ Margarine Pineapple Apple Juice Milk</p>	<p>8) Swedish Meatballs WG Herd Pasta Carrots WW Bread w/ Margarine Fresh Fruit Orange Juice Milk</p>
<p>11) Seafood Creole w/ Brown Rice Stewed Okra Biscuit w/ Margarine Fresh Fruit Orange Juice Milk PFS-Chicken Creole</p>	<p>12) Sloppy Joe on WW Bun Potato Wedges w/ Ketchup Mixed Vegetables Pears Orange Juice Milk</p>	<p>13) Parmesan Chicken WG Garlic Rotini Broccoli Wheat Bread w/ Margarine Pineapple Apple Juice Milk</p>	<p>14) Turkey w/ Gravy Black-eyed Peas Carrots WW Bread w/ Margarine Fresh Fruit Orange Juice Milk</p>	<p>15) Chicken Tikka w/ Naan Parslied Rice Garlic Parm Cauliflower Mandarin oranges Apple Juice Milk</p>
<p>18) Meatloaf &amp; Gravy Whipped Potatoes Brussel Sprouts WW Bread w/ Margarine Fresh Fruit Apple juice Milk</p>	<p>19) Turkey w/ Pineapple Glaze Mac &amp; Cheese Green Peas Dinner Roll w/ margarine Mandarin oranges Grape juice Milk</p>	<p>20) Hamburger on WW Bun Baked beans Carrots Applesauce Orange Juice Milk</p>	<p>21) Cranberry Dijon Chicken Rosemary Potatoes Cabbage WW Roll w/ Margarine Pineapples Grape Juice Milk</p>	<p>22) Cod w/ Newburg Sauce Confetti Rice Mixed Vegetables Wheat Bread w/ Mandarin Oranges Fruit Cocktail Orange Juice Milk PFS- Turkey</p>
<p>25) Turkey Meatballs Sweet &amp; Sour Sauce Garden Rice Medley Broccoli WW Roll / Margarine Fresh Fruit Grape Juice Milk</p>	<p>26) WG Penne Pasta w/ meat Sauce Green Beans Wheat Bread w/ Margarine Sliced Apples Orange juice Milk</p>	<p>27) Baked Chicken Thigh Black-eyed Peas Mixed Greens WW Bread w/ Margarine Tropical Fruit Apple Juice Milk</p>	<p>28) Panko Breaded Pollack Crispy Cubed Potatoes Harvard beets Fresh Fruit Orange juice Milk</p>	<p>29) Italian Turkey Sausage w/ Sauerkraut Crispy Cubed Potatoes Mixed Vegetables WW Hot Dog Bun Mustard/Ketchup Applesauce/Orange Juice Milk</p>

**October 2021 COLD MEALS-Home Delivered** Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1) Honey Mustard Chicken Salad Three Bean Salad WW Bread Pears Fortified Juice</p>
<p>4) Ham w/ Cheese on Wheat Apple Slaw Tropical Fruit Fortified Juice Mustard  PFS- Turkey</p>	<p>5) Tuna Salad on WW Pita Green Pea Salad Mixed Fruit Fortified Juice  PFS-Egg Salad</p>	<p>6) Turkey w/ Swiss on WW Bread Copper Pennies Mixed Fruit Mayonnaise Fortified Juice</p>	<p>7) Chicken Salad on Hamburger Bun Mediterranean Lentil Salad Fresh Fruit Fortified Juice</p>	<p>8) Turkey Salad on Kaiser Roll Tuscany Vegetable Salad Mandarin oranges Fortified Juice</p>
<p>11) Roast Beef w/ Muenster WW Bread Mayonnaise Patriotic Bean Salad Fresh Fruit Fortified Juice</p>	<p>12) Chicken Breast on Kaiser Honey Mustard Sauce Broccoli Salad Mixed Fruit Fortified Juice</p>	<p>13) Ham &amp; Cheese on WW Bread Mustard Beet Salad Tropical Fruit Fortified Juice  PFS-Turkey</p>	<p>14) Chicken Pasta Salad Honey Lime Corn Salad Fresh Fruit WW Roll Fortified Juice</p>	<p>15) Egg Salad on Wheat Bread Lemon Dijon Carrot Salad Applesauce Fortified Juice</p>
<p>18) Ham &amp; Cheese on Kaiser Roll Citrus Carrot Salad Pineapple Fortified Juice  PFS- Turkey</p>	<p>19) Baja Chicken Salad Three Bean Salad Fresh Fruit Hamburger Bun Fortified Juice</p>	<p>20) Turkey w/ Swiss Coleslaw Mandarin oranges Whole Wheat Bread Mustard Fortified Juice</p>	<p>21) Tuna Salad on WW Pita Green Pea Salad Tropical Fruit Fortified Juice  PFS- Egg Salad</p>	<p>22) Turkey Pasta Salad Chick Pea Salad Fresh Fruit WW Roll Fortified Juice</p>
<p>25) Roast Beef w/ Swiss on WW Bread Mandarin Beets w/ Citrus Salad Applesauce Fortified Juice</p>	<p>26) Lemon Pepper Tuna Salad on Kaiser Roll Green Pea Salad Tropical Fruit Fortified Juice</p>	<p>27) Ham &amp; Cheese on WW Bread Tex-Mex Pasta Salad Fresh Fruit Fortified Juice  PFS-Turkey</p>	<p>28) Baja Chicken Salad on Wheat Bread Carrot Raisin Salad Mixed Fruit Fortified Juice</p>	<p>29) Turkey Pasta Salad Chick Pea Salad Fresh Fruit WW Roll Fortified Juice</p>

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.