


# October 2022 HOT MEALS Home Delivered *Meals on Wheels of Central Maryland*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) 10 Grain Pollack w/ Tartar Sauce Cheesy Polenta Lemon Tarragon Green Beans Mandarin Oranges Grape Juice &amp; Milk PFS-Salisbury Beef</p>	<p>4) Honey BBQ Chicken Baked Beans Cabbage WW Bread Fresh Fruit Milk</p>	<p>5) Greek Pastitsio Mixed Greens Hot Spiced Fruit Wheat Bread Orange Juice Milk</p>	<p>6) Sliced Turkey w/ Gravy Whipped Potatoes Broccoli WW Roll Fresh Fruit Milk</p>	<p>7) Swedish Meatballs Buttered Herb Penne Pasta Carrots WW Bread Tropical Fruit Apple Juice Milk</p>
<p>10) Turkey Ala King Brown Rice Spinach Biscuit Pears Orange Juice &amp; Milk</p>	<p>11) Sloppy Joe on WW Bun Potato Wedges Mixed Vegetables Mandarin Oranges Apple Juice Milk</p>	<p>12) Parmesan Chicken Patty WG Garlic Rotini Broccoli Wheat Bread Fresh Fruit Milk</p>	<p>13) Pork Loin w/ Gravy Black-eyed Peas Carrots WW Roll Fruit Cocktail Orange Juice &amp; Milk PFS-Meatloaf</p>	<p>14) Creamy Chicken Tikka Turmeric Basmati Rice Garlic Parm Cauliflower Naan Bread Fresh Fruit Milk</p>
<p>17) Meatloaf w/ Gravy Whipped Potatoes Brussel Sprouts WW Bread Fresh Fruit Milk</p>	<p>18) Glazed Ham Macaroni &amp; Cheese Green Peas Dinner Roll Applesauce Orange Juice &amp; Milk PFS-Glazed Turkey</p>	<p>19) Hamburger on WW Bun Baked Beans Carrots Pineapple Apple Juice &amp; Milk Ketchup</p>	<p>20) Baked Chicken w/ Mediterranean Sauce Orzo w/ Asparagus Squash &amp; Zucchini WW Roll Fresh Fruit &amp; Milk</p>	<p>21) 10 Grain Pollack Confetti Rice Mixed Vegetables Wheat Bread Fruit Cocktail Orange Juice &amp; Milk PFS-Swiss Steak</p>
<p>24) Turkey Meatballs w/ Sweet &amp; Sour Sauce Garden Medley Rice Broccoli WW Roll Fresh Fruit &amp; Milk</p>	<p>25) Ziti Bake Green Beans Hot Spiced pears Orange Juice Milk</p>	<p>26) Baked Chicken Black-eyed Peas Mixed Greens WW Bread Tropical Fruit Apple Juice &amp; Milk</p>	<p>27) Fish Cakes Rosemary Potatoes Harvard Beets Dinner Roll Applesauce Orange Juice &amp; Milk PFS- Sliced Turkey</p>	<p>28) Salisbury Beef w/ Gravy Spiced Yams California Blend WW Roll Fresh Fruit Milk</p>
<p>31) Bratwurst w/Peppers &amp; Onions on WW Bun Sauerkraut German Potato Salad Spiced Apples Grape Juice &amp; Milk PFS- Turkey Sausage</p>				



## **October 2022 COLD MEALS Home Delivered Meals on Wheels of Central Maryland**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>3) Turkey Salad on WW Pita Tuscany Vegetable Salad Mandarin Oranges Fortified Juice</p>	<p>4) Tuna Salad on WW Pita Green pea Salad Peaches &amp; Pineapple Fortified Juice PFS-Egg Salad</p>	<p>5) Turkey &amp; Provolone Cheese on WW Bread Copper Pennies Fluffy Fruit Salad Mayonnaise Fortified Juice</p>	<p>6) Chicken Caesar Salad Mediterranean Lentil Salad WW Roll Assorted Dressing Fresh Fruit Fortified Juice</p>	<p>7) Sliced Ham &amp; American Cheese on Wheat Bread Apple Slaw Tropical Fruit Mustard Fortified Juice PFS-Turkey</p>
<p>10) Egg Salad on Wheat Bread Lemon Dijon Carrot Salad Applesauce Fortified Juice</p>	<p>11) Krab Mac Salad Italian Cucumber Salad WW Roll Mandarin Oranges &amp; Pineapple Fortified Juice PFS-Chicken Salad</p>	<p>12) Ham &amp; American Cheese on WW Bread Beet Salad Mustard Tropical Fruit Salad PFS-Turkey</p>	<p>13) French Bistro Turkey Salad Venetian Pasta Salad Whole Wheat Roll Fresh Fruit Fortified Juice</p>	<p>14) Roast Beef w/ Muenster Cheese on WW Bread Chickpea Salad Mayonnaise Fresh Fruit Fortified Juice</p>
<p>17) Turkey Salad on WW Pita Tuscany Vegetable Salad Mandarin Oranges Fortified Juice</p>	<p>18) Asian Chicken Salad Citrus Carrot Salad WW Roll Fresh Fruit Fortified Juice</p>	<p>19) Turkey w/ Provolone Cheese on WW Bread Three Bean Salad Mustard Fluffy Fruit Salad Fortified Juice</p>	<p>20) Tuna Salad on WW Pita Green Pea Salad Tropical Fruit Fortified Juice PFS-Egg Salad</p>	<p>21) Ham &amp; Cheese on Kaiser Roll Black Bean &amp; Rice Salad Mayonnaise Pineapple &amp; Fortified Juice PFS-Turkey</p>
<p>24) Turkey Quinoa Salad Chickpea Salad WW Roll Fresh Fruit Fortified Juice</p>	<p>25) Lemon Pepper Tuna salad on WW Pita Italian Cucumber Salad Tropical Fruit Fortified Juice PFS-Egg Salad</p>	<p>26) Ham &amp; American Cheese on WW Bread Tex-Mex Pasta Salad Mustard Fresh Fruit Fortified Juice PFS-Turkey</p>	<p>27) Roast Beef w/ Muenster Cheese on WW Bread Mandarin Beets w/ Citrus Dressing Mayonnaise Applesauce Fortified Juice</p>	<p>28) Chicken Salad on WW Bread Lemon Dijon Carrot Salad Pineapple Fortified Juice</p>
<p>31) Chicken Pasta Salad Three Bean Salad WW Roll Tropical Fruit Fortified Juice</p>	