

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) 10 Grain Pollack Polenta Lemon Tarragon Green Beans Dinner Roll Mandarin Oranges Apple Juice & Milk PFS-Salisbury Beef	3) Sliced Turkey w/ Dijon Mustard Sauce Garlic Parmesan Orzo Broccoli Whole Grain Roll Fresh Fruit & Milk	4) Swedish Meatballs w/ Penne Pasta Carrots WW Bread Tropical Fruit Apple Juice & Milk	5) Honey BBQ Chicken Baked Beans Cabbage WW Bread Fresh Fruit & Milk	6) Pastitsio Lasagna Greek Style Spinach Wheat Bread Warm Cinnamon Applesauce Orange Juice Milk
9) Creamy Chicken Tikka Turmeric Basmati Rice Green Beans Wheat Bread Tropical Fruit Apple Juice & Milk	10) Sloppy Joes on Bun Oven Roasted Potatoes Mixed Vegetables Mandarin Oranges Apple Juice & Milk	11) Garlic Herbed Chicken Sweet Potatoes Collard Greens Wheat Bread Pears Orange Juice & milk	12) Turkey w/ Apple Cranberry Demi Glaze Black-eyed Peas Carrots Wheat Bread Pineapple Orange Juice & Milk	13) Parmesan Chicken Patty Whole Grain Rotini Broccoli WW Bread Fresh Fruit Milk
16) Meatloaf w/ Gravy Whipped Potatoes Zucchini & Squash Blend Dinner Roll Fresh Fruit Milk	17) Glazed Ham Macaroni & Cheese Green Peas WW Bread Applesauce Orange Juice & Milk PFS-Glazed Chicken	18) Hamburger on WW Bun Baked Beans Dill Carrots Fresh Fruit Apple Juice & Milk	19) Mediterranean Chicken Lemon Orzo Brussel Sprouts Wheat Bread Fresh Fruit & Milk	20) 10 Grain Pollack Parslied Rice Broccoli Fresh Fruit & Milk PFS-Turkey & Gravy
23) Sweet & Sour Turkey Meatballs Fried Rice Broccoli Whole Grain Roll Fresh Fruit & Milk	24) Baked Ziti Green Beans Spiced Pears Wheat Bread Orange Juice & Milk	25) Chicken Paprika Black-eyed Peas Creamed Spinach WW Bread Tropical Fruit Apple Juice & Milk	26) Fish Cakes w/ Tartar Sauce Rosemary Potatoes Glazed Carrots Applesauce Dinner Roll Orange Juice & Milk	27) BBQ Diced Chicken Garlic Parm Cauliflower Lima Beans Whole Grain Roll Fresh Fruit & Milk
30) Beef Tamale Stew Fiesta Vegetable Blend Pinto Beans Dinner Roll Fresh Fruit & Milk	31) <i>Bratwurst w/ Peppers &amp;                      Onions                      Sauerkraut                      Warm Spiced Apples                      Grape Juice &amp; Milk                      Special Dessert                      PFS-Turkey Sausage</i> 		<p><i>Water – It Does Your Body Good</i></p> 	

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2) Turkey Salad w/ Whole Wheat Pita Bread Tuscany Vegetable Salad Fresh Fruit Fortified Juice</p>	<p>3) Ham &amp; American Cheese on Wheat Bread Collard Green Slaw Tropical Fruit Fortified Juice PFS- Turkey &amp; American</p>	<p>4) Tuna Salad On Whole Wheat Honey Ginger Carrots Applesauce Fortified Juice PFS-Egg Salad</p>	<p>5) Turkey &amp; Cheddar Cheese on Whole Wheat Bread Three Bean Salad Fresh Fruit Fortified Juice</p>	<p>6) Chicken Caesar Salad w/ Croutons Mediterranean Lentil Salad Carri Fruit Salad Fortified Juice</p>
<p>9) Roast Beef &amp; Provolone Cheese on Whole Wheat Chickpea Salad Fresh Fruit Fortified Juice</p>	<p>10) Lemon Pepper Tuna Salad w/ Whole Wheat Pita Ginger Carrots Fortified Juice Tropical Fruit PFS- Honey Mustard Chicken Salad</p>	<p>11) Ham &amp; American Cheese on Wheat Bread Green Pea Salad Pineapple Fortified Juice PFS-Turkey &amp; American Cheese</p>	<p>12) Egg Salad on Wheat Bread Italian Cucumber Salad Applesauce Fortified Juice</p>	<p>13) French Bistro Turkey Salad Venetian Pasta Salad Whole Grain Roll Fresh Fruit Fortified Juice</p>
<p>16) Ham &amp; Cheddar Cheese on Wheat Bread Lemon Dijon Carrot Salad Tropical Fruit Fortified Juice PFS-Turkey &amp; Cheddar</p>	<p>17) Turkey &amp; Provolone Cheese on Whole Wheat Bread Chickpea Salad Applesauce Fortified Juice</p>	<p>18) Asian Chicken Salad Black Beans &amp; Rice Whole Grain Roll Fresh Fruit Fortified Juice</p>	<p>19) Tuna Salad w/ Whole Wheat Pita Bread Broccoli Raisin Salad Fresh Fruit Fortified Juice PFS-Egg Salad</p>	<p>20) Turkey Salad w/ Whole Grain Roll Seasoned Kidney Bean Salad Fresh Fruit Fortified Juice</p>
<p>23) Chicken Salad on Whole Wheat Bread Three Bean Salad Fresh Fruit Fortified Juice</p>	<p>24) Turkey Pasta Salad w/ Whole Grain Roll Citrus Carrot Salad Applesauce Fortified juice</p>	<p>25) Ham &amp; American Cheese on Wheat Bread Venetian Pasta Salad Fresh Fruit Fortified Juice PFS-Turkey and American</p>	<p>26) Roast Beef &amp; Muenster Cheese on Wheat Bread Citrus Beet Salad Fresh Fruit Fortified Juice</p>	<p>27) Lemon Pepper Tuna Salad w/ Whole Wheat Pita Italian Cucumber Salad Tropical Fruit Fortified Juice PFS- Egg Salad</p>
<p>30) Roast Beef &amp; Provolone Cheese on Whole Wheat Bread White Bean Salad w/ Olives Fresh Fruit Fortified Juice</p>	<p>31) Chicken Pasta Salad w/ Whole Grain Roll Chickpea Salad Tropical Fruit Fortified Juice</p>			

