


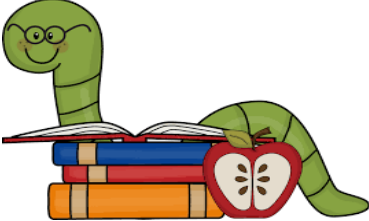


## September 2019 Frozen Meals

## Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>2) Offices Closed- Additional Meals were sent out on 8/26 since there is no delivery today.</p> 	<p>3) Baked Meatballs w/Peking Sauce Brown Rice Japanese Vegetables Dinner Roll w/Marg Mandarin Oranges Apple Juice Milk</p>	<p>4) Swiss Steak Mashed Spiced Yams Squash &amp; Zucchini Dinner Roll w/Marg Tropical Fruit Apple Juice Milk</p>	<p>5) Chicken Marsala Buttered Bow Tie Pasta Green Peas Italian Bread w/Marg Pineapple Tidbits Cranberry Juice Milk</p>	<p>6) Beef Hot Dog Baked Beans Mixed Vegetables WW Hot Dog Ketchup &amp; Mustard Sliced Apples Fruit Punch Juice Milk</p>	<p>7) Beef Italiano Whipped Potatoes Harvard Beets Wheat Bread w/Marg Diced Pears Cranberry Juice Milk</p>	<p>8) Baked Chicken w/BBQ Sauce Tater Tots Mixed Vegetables WW Hamburger Bun Ketchup Diced Peaches Orange Juice Milk</p>
<p>9) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Green Beans Italian Bread w/Marg Spiced Apples Cranberry Juice Milk</p>	<p>10) Honey Mustard Chicken Scalloped Potatoes Harvard Beets WW Bread w/Marg Applesauce Cranberry Juice Milk</p>	<p>11) BBQ Beef Riblet Baked Beans Mixed Vegetables WW Hamburger Bun Spiced Apples Fruit Punch Juice Milk</p>	<p>12) Honey Baked Chicken Corn Sliced Carrots Dinner Roll w/Marg Pineapple Tidbits Orange Juice Milk</p>	<p>13) Chicken Shawarma Yellow Rice Okra &amp; Tomatoes WW Pita Bread Diced Pears Orange Juice Milk</p>	<p>14) Grilled Chicken w/Apricot Mustard Sauce Brown Rice Broccoli WW Roll w/Marg Pineapple Tidbits Fruit Punch Milk</p>	<p>15) Salisbury Steak w/Gravy Lima Beans Stewed Tomatoes WW Bread w/Marg Mandarin Oranges Appel Juice Milk</p>
<p>16) BBQ Chicken Breast Black Eyed Peas Collard Greens Biscuit w/Marg Applesauce Fruit Punch Juice Milk</p>	<p>17) Hawaiian Chicken Cheesy Baked Rice Green Beans WW Roll w/Marg Fruit Cocktail Cranberry Juice Milk</p>	<p>18) Cheese Lasagna w/Tomato Basil Sauce Mixed Vegetables Hot Spiced Fruit Italian Bread w/Marg Orange Juice Milk</p>	<p>19) Baked Meatballs w/Korean BBQ Sauce Confetti Rice Sliced Carrots WW Bread w/Marg Diced Peaches Cranberry Juice Milk</p>	<p>20) Sliced Turkey w/Brown Gravy Delmonico Potatoes Brussels Sprouts WW Roll w/Marg Peaches &amp; Pears Apple Juice Milk</p>	<p>21) Beef &amp; Rice Casserole Corn Green Beans Wheat Bread w/Marg Diced Peaches Orange Juice Milk</p>	<p>22) Chicken w/Mushroom Gravy Whipped Potatoes Sliced Carrots WW Roll w/Marg Sliced Apples Cranberry Juice Milk</p>
<p>23) Meatloaf w/Gravy Whipped Potatoes Glazed Carrots WW Bread w/Marg Tropical Fruit Fruit Punch Juice Milk</p>	<p>24) BBQ Beef Riblet Black Beans Mixed Vegetables WW Hamburger Bun Plantains Cranberry Juice Milk</p>	<p>25) Orange Glazed Chicken Garden Medley Rice Broccoli WW Bread w/Marg Applesauce Orange Juice Milk</p>	<p>26) Chicken Cacciatore Buttered Rotini Garlic Spinach Italian Bread w/Marg Mandarin Oranges &amp; Pineapple Apple Juice Milk</p>	<p>27) Eggplant Parmesan w/Marinara Sauce Parslied Spaghetti Tuscany Vegetables Italian Bread w/Marg Pineapple Tidbits Cranberry Juice Milk</p>	<p>28) Cranberry Dijon Chicken Roasted Diced Potatoes Broccoli Wheat Bread w/Marg Pineapple Tidbits Fruit Punch Juice Milk</p>	<p>29) BBQ Beef Riblet Baked Beans Summer Vegetables WW Hamburger Bun Fruit Cocktail Cranberry Juice Milk</p>
<p>30) Creamy Paprika Chicken Rice Pilaf Ratatouille Italian Bread w/Marg Tropical Fruit Apple Juice Milk</p>						

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<p>2) Offices Closed- Additional Meals were sent out on 8/26 since there is no delivery today.</p> 	<p>3) Beef Jardiniere Black Eyed Peas Okra &amp; Tomatoes Wheat Bread w/Marg Applesauce Fortified Juice</p>	<p>4) Turkey A La King WG Penne Pasta Ratatouille Biscuit w/Marg Pineapple Tidbits Fortified Juice</p>	<p>5) Meatloaf w/Gravy Whipped Potatoes Green Beans WW Roll w/Marg Tropical Fruit Fortified Juice</p>	<p>6) Baked Chicken w/Pineapple Glaze Confetti Rice Sliced Carrots Dinner Roll w/Marg Mandarin Oranges Fortified Juice</p>		
<p>9) Chicken Tenders w/Sweet &amp; Sour Sauce Brown Rice Sliced Carrots WW Bread w/Margarine Mandarin Oranges Fortified Juice</p>	<p>10) Beef Hot Dog Sauerkraut Ranch Beans WW Hot Dog Bun Ketchup &amp; Mustard Diced Peaches Fortified Juice</p>	<p>11) Parmesan Chicken Garlic Rotini Green Beans Italian Bread w/Marg Pineapple Tidbits Fortified Juice</p>	<p>12) Sliced Turkey w/Brown Gravy Whipped Potatoes Garden Vegetables WW Bread w/Marg Tropical Fruit Fortified Juice</p>	<p>13) Beef Chili w/Beans Corn Mixed Greens Saltine Crackers Fruit Cocktail Fortified Juice</p>		
<p>16) Beef Fiesta Mac Corn Green Beans WW Roll w/Marg Diced Peaches Fortified Juice</p>	<p>17) Sliced Turkey w/Gravy Macaroni &amp; Cheese Sliced Carrots Dinner Roll w/Marg Diced Pears Fortified Juice</p>	<p>18) Hamburger Crispy Cubed Potatoes Mixed Vegetables WW Hamburger Bun Ketchup Spiced Apples Fortified Juice</p>	<p>19) Sliced Turkey w/Supreme Sauce Lima Beans Mixed Vegetables Dinner Roll w/Marg Fruit Cocktail Fortified Juice</p>	<p>20) Chicken Alfredo WG Penne Pasta Italian Vegetables WW Bread w/Marg Tropical Fruit Fortified Juice</p>		
<p>23) Hamburger Baked Beans Collard Greens WW Hamburger Bun Ketchup Applesauce Fortified Juice</p>	<p>24) Cabbage Roll w/Marinara Sauce Corn Green Beans WW Bread w/Marg Diced Pears Fortified Juice</p>	<p>25) Salisbury Steak w/Gravy Scalloped Potatoes Green Beans Dinner Roll w/Marg Diced Peaches Fortified Juice</p>	<p>26) Honey Balsamic Chicken Mashed Spiced Yams Broccoli WW Roll w/Marg Pineapple Tidbits Fortified Juice</p>	<p>27) Sliced Turkey w/Gravy Blackeyed Peas Okra &amp; Tomatoes Dinner Roll w/Marg Fruit Cocktail Fortified Juice</p>		
<p>30) Sloppy Joes Crispy Cubed Potatoes Mixed Vegetables WW Hamburger Bun Fruit Cocktail 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  
MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE

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