
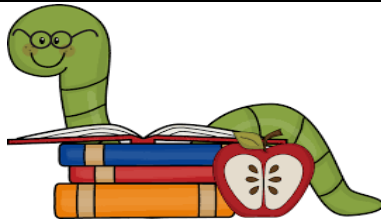




**September 2019 HOT MEALS-Home Delivered**

*Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2) Offices Closed-Frozen Meals were sent on 8/26 for use today.</p> 	<p>3) Honey Mustard Chicken Scalloped Potatoes Harvard Beets WW Bread w/Marg Fresh Fruit Cranberry Juice Milk</p>	<p>4) BBQ Pork Riblet Baked Beans Hot Spiced Apples Coleslaw WW Hamburger Bun Fruit Punch Juice Milk PFS-BBQ Beef Riblet</p>	<p>5) 10 Grain Pollock Corn Sliced Carrots Dinner Roll w/Marg Tartar Sauce Strawberry Glazed Fruit Orange Juice • Milk PFS-Honey Baked Chicken</p>	<p>6) Chicken Shawarma Yellow Rice Pear Cobbler Tomato &amp; Mozzarella Salad WW Pita Bread Orange Juice Milk</p>
<p>9) BBQ Chicken Thigh Black Eyed Peas Collard Greens Biscuit w/Marg Applesauce Fruit Punch Juice Milk</p>	<p>10) Baked Cod Loin w/Lemon Butter Sauce Cheesy Baked Rice Mixed Green Salad w/Dressing WW Roll w/Marg Fresh Fruit Cranberry Juice &amp; Milk PFS-Hawaiian Chicken</p>	<p>11) Cheese Lasagna w/Tomato Basil Sauce Mixed Vegetables Hot Spiced Fruit Italian Bread w/Marg Orange Juice Milk</p>	<p>12) Baked Meatballs w/Korean BBQ Sauce Confetti Rice Sliced Carrots WW Bread w/Marg Fresh Fruit Cranberry Juice Milk</p>	<p>13) Sliced Turkey w/Brown Gravy Delmonico Potatoes Brussels Sprouts WW Roll w/Marg Peaches &amp; Pears Apple Juice Milk</p>
<p>16) Meatloaf w/Gravy Whipped Potatoes Glazed Carrots WW Bread w/Marg Tropical Fruit Fruit Punch Juice Milk</p>	<p>17) Pulled Cuban Pork Black Beans Plantains Coleslaw WW Hamburger Bun Cranberry Juice Milk PFS-BBQ Beef Riblet</p>	<p>18) Potato Crusted Fish Garden Medley Rice Broccoli WW Bread w/Marg Tartar Sauce Fresh Fruit Orange Juice &amp; Milk PFS- Orange Glazed Chicken</p>	<p>19) Chicken Cacciatore Buttered Rotini Garlic Spinach Italian Bread w/Marg Mandarin Oranges &amp; Pineapple Apple Juice Milk</p>	<p>20) Eggplant Parmesan w/Marinara Sauce Parslied Spaghetti Tuscany Vegetables Italian Bread w/Marg Fresh Fruit Cranberry Juice Milk</p>
<p>23) Creamy Paprika Chicken Rice Pilaf Ratatouille Italian Bread w/Marg Fresh Fruit Apple Juice Milk</p>	<p>24) Salisbury Steak w/Gravy Whipped Potatoes Curry Okra &amp; Tomatoes Dinner Roll w/Marg Pineapple Tidbits Cranberry Juice Milk</p>	<p>25) Hamburger Baked Beans Hot Spiced Apples Carrifruit Salad WW Hamburger Bun Ketchup Cranberry Juice Milk</p>	<p>26) Pork Roast w/Onion Gravy Scalloped Potatoes Spinach Dinner Roll w/Marg Fresh Fruit Orange Juice &amp; Milk PFS-Meatloaf w/Onion Gravy</p>	<p>27) Stuffed Salmon w/Dill Sauce Corn &amp; Green Beans WW Bread w/Marg Mandarin Oranges &amp; Pineapple Apple Juice &amp; Milk PFS-Lemon Pepper Chicken</p>
<p>30) Breaded Pollock Macaroni &amp; Cheese Collard Green Slaw WW Hamburger Bun Tartar Sauce Fresh Fruit Orange Juice &amp; Milk PFS-Hamburger</p>				

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Offices Closed-Frozen Meals were sent on 8/26 for use today. 	3) Lemon Pepper Tuna Salad Black Eyed Pea Salad Fresh Fruit Croissant Fortified Juice PFS-Chicken Salad	4) Sliced Roast Beef & Muenster Cheese Copper Pennies Applesauce Wheat Bread Mayo Fortified Juice	5) Egg Salad Apple Slaw Fresh Fruit WW Bread Fortified Juice	6) Turkey Chef Salad w/Dressing Honey Lime Corn Salad Tropical Fruit WW Roll Fortified Juice
9) Sliced Roast Beef & Swiss Cheese Potato Salad & Fresh Fruit Pumpernickel Bread Mustard Fortified Juice	10) Turkey Chef Salad w/Dressing Pasta Salad Fruit Cocktail WW Roll Fortified Juice	11) Sliced Turkey & Cheese White Bean Salad w/Olives Fresh Fruit WW Hamburger Bun Mayo Fortified Juice	12) Chicken Salad Mixed Vegetable Salad Pineapple Tidbits WW Pita Bread Fortified Juice	13) Salmon Salad Citrus Carrot Salad Tropical Fruit Kaiser Roll Fortified Juice  PFS-Egg Salad
16) Sliced Ham & Swiss Cheese Mexican Coleslaw Pineapple Tidbits Kaiser Roll & Mayo Fortified Juice PFS-Sliced Turkey & Swiss Cheese	17) Tuna Salad Broccoli Craisin Salad Sliced Pears WW Pita Bread Fortified Juice  PFS-Egg Salad	18) Sliced Roast Beef & Sliced Cheese Green Bean Salad Diced Peaches WW Bread Mayo Fortified Juice	19) Grilled Chicken Breast w/Honey Mustard Sauce Lemon Dijon Carrot Salad Tropical Fruit Croissant Fortified Juice	20) Spinach Salad w/Chicken w/Dressing Chick Pea Salad Fresh Fruit WW Roll Fortified Juice
23) Sliced Roast Beef & Swiss Cheese Citrus Carrot Salad Pineapple Tidbits Kaiser Roll Mayo Fortified Juice	24) Greek Chicken Salad w/Dressing Mediterranean Lentil Salad Fresh Fruit WW Roll Fortified Juice	25) Sliced Turkey & Cheese Potato Salad Fresh Fruit French Baguette Mayo Fortified Juice	26) Krab Salad Green Pea Salad Fresh Fruit WW Pita Bread Fortified Juice  PFS-Chicken Salad	27) Egg Salad Pineapple Slaw Applesauce Wheat Bread Fortified Juice
30) Sliced Roast Beef & Swiss Cheese Carrot Raisin Salad Tropical Fruit WW Hamburger Bun Mayo 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.