







September 2022 HOT MEALS Home Delivered Meals on Wheels of Central Maryland



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Ziti Bake Garden Vegetable Blend Spiced Apples WW Bread Grape Juice Milk	2) Beef Hot Dog w/ Chili Sauerkraut Potato Salad WW Bun Apple Crisp Grape Juice Mustard Milk
5) <i>Offices Closed</i> 	6) 10 Grain Pollack w/ Tartar Corn Carrots WW Bread Pineapple & Orange Juice Milk PFS-Turkey & Gravy	7) BBQ Pork Patty Baked Beans Coleslaw Spiced Apples Hamburger Bun Grape Juice & Milk PFS-Hamburger	8) Chicken Shwarma Yellow Rice Peach Crisp Cucumber/Tomato Salad Orange Juice Milk	9) Beef & Chicken Meatballs w/ Marinara Sauce Whole Grain Rotini California Blend WW Bread Fresh Fruit Milk
12) Breaded Pollack on Bun w/ Tartar Cheesy Baked Rice Carrots Pears & Orange Juice Milk PFS-Chicken Patty	13) BBQ Chicken Thigh Black-eyed Peas Collard Greens Biscuit Applesauce Grape Juice Milk	14) Beef & Chicken Meatballs w/ Korean BBQ Sauce Spiced Peaches Confetti Rice Mixed Green Salad WW Bread Tropical Fruit & Milk	15) Cheese Ravioli w/ Marinara Sauce Northern Beans Broccoli WW Bread Spiced Peaches Orange Juice & Milk PFS- Breaded Chicken Patty	16) Turkey & Gravy Delmonico Potatoes Brussel Sprouts Wheat Roll Fresh Fruit Milk
19) Baked Chicken Thigh w/ Coconut Curry Sauce Brown Rice Kale WW Bread Fresh Fruit Milk	20) Meatloaf & Gravy Whipped Potatoes Glazed Carrots Wheat Roll Mandarin Oranges Grape Juice Milk	21) Teriyaki Chicken White Rice Mixed Vegetables WW Bread Tropical Fruit Apple Juice Milk	22) Pulled Cuban Pork on Bun Black Beans Coleslaw Plantains Grape Juice & Milk PFS- Hamburger	23) Potato Crusted Fish w/ Tartar Sauce Macaroni & Cheese Broccoli Wheat Roll Fresh Fruit & Milk PFS- Orange Glazed Chicken
26) Parmesan Chicken Patty Garlic Penne Pasta Green Beans WW Bread Tropical Fruit & Apple Juice Milk	27) Salisbury Beef & Gravy Whipped Potatoes Mixed Vegetables Biscuit Pineapple Chunks & Orange Juice Milk	28) Pork Loin w/ Onion Gravy Scalloped Potatoes Green Peas Wheat Roll Fresh Fruit & Orange Juice Milk PFS- Meatloaf w/ Onion Gravy	29) Creamy Paprika Chicken Rice Pilar Ratatouille WW Bread Fresh Fruit Milk	30) Hamburger on Bun Baked Beans Carrifruit Salad Spiced Apples Orange Juice Milk



September 2022 COLD MEALS Home Delivered Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Ham & American Cheese on WW Bread Coleslaw Spiced Apples Mustard Fortified Juice PFS-Turkey & Cheese	2) Chicken Caesar Salad w/ Dressing Pasta Salad Pineapple Tidbits WW Roll Fortified Juice
5) Offices Closed 	6) Roast Beef & American Cheese on Wheat Bread Copper Pennies Applesauce Mayonnaise Fortified Juice	7) French Bistro Turkey Salad Cucumber Salad Wheat Roll Tropical Fruit Fortified Juice	8) Lemon Pepper Tuna Salad on WW Pita Black-eyed Pea Salad Fresh Fruit Fortified Juice PFS- Chicken Salad	9) Turkey & Cheddar Cheese on Wheat Bread Pasta Salad Mustard Fresh Fruit Fortified Juice
12) Ham & Swiss on WW Bread Macaroni Salad Mustard Fresh Fruit Fortified Juice PFS-Roast Beef & Swiss	13) Chicken Salad on WW Pita Cucumber Salad Pineapple Tidbits Fortified Juice	14) Tuna Salad on Kaiser Roll Citrus Carrot Salad Tropical Fruit Fortified Juice PFS- Egg Salad	15) Oriental Chicken Salad w/ Salad Dressing WW Roll Pasta Salad Fruit Cocktail Fortified Juice	16) Turkey & American Cheese on WW Bun White Bean Salad w/ Olives Mayonnaise Fresh Fruit Fortified Juice
19) Tuna White Bean Salad on WW Pita Cucumber Salad Pears Fortified Juice PFS- Egg Salad	20) Turkey & Swiss on Rye Bread Green Bean Salad Mayonnaise Peaches Fortified Juice	21) Chicken Salad on WW Bun Lemon Dijon Carrot Salad Tropical Fruit Fortified Juice	22) Ham & Swiss on Kaiser Mexican Coleslaw Mustard Pineapple Tidbits Fortified Juice PFS- Turkey & Swiss	23) Spinach Salad w/ Chicken Chickpea Salad WW Roll Assorted Dressing Fresh Fruit Fortified Juice
26) Tuna Salad on WW Pita Green Pea Salad Fresh Fruit Fortified Juice PFS-Chicken Salad	27) Greek Chicken Salad Mediterranean Lentil Salad WW Roll Assorted Dressing Fresh Fruit Fortified Juice	28) Ham & Provolone Cheese on Kaiser Roll Citrus Carrot Salad Mayonnaise Pineapple & Fortified Juice PFS-Roast Beef	29) Egg Salad on Wheat Bread Pineapple Slaw Applesauce Fortified Juice	30) Turkey & American Cheese on Rye Bread Honey Lime Corn Salad Mayonnaise Fresh Fruit Fortified Juice

TO CANCEL A MEAL, SHARE A CONCERN, OR ASK A QUESTION CALL CLIENT ENGAGEMENT OFFICE AT 410-558-0827

ALL MEAL CANCELLATIONS MUST BE IN NO LATER THAN 11:00 A.M. THE DAY PRIOR. MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE

