

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






MONDAY

TUESDAY

WEDNESDAY




THURSDAY

FRIDAY

				<p>1) Beef Hot Dog on Bun Sauerkraut Lemon Dijon Carrot Salad Apple Crisp Orange Juice Milk</p>
<p>4) Offices Closed</p> 	<p>5) Potato Crusted Pollack Polenta Carrots WW Bread Pineapple Orange Juice Milk PFS-Dijon Herb Chicken</p>	<p>6) Pulled Cuban Pork on Bun Ranch Beans Coleslaw Plantains Apple Juice Milk PFS-Breaded Chicken Patty</p>	<p>7) Thai Curry Chicken Yellow Rice Cinnamon Peaches Cucumber Tomato Salad WW Pita Bread Orange juice Milk</p>	<p>8) Penne Pasta w/ Beef Marinara Sauce Broccoli WG Roll Fresh Fruit Milk</p>
<p>11) Salisbury Beef w/ Steakhouse Sauce Whipped Potatoes Capri Vegetable Blend WG Roll Fresh Fruit Milk</p>	<p>12) Sweet & Sour Turkey Meatballs w/ Lo Mein Noodles Ginger Carrots WW Bread Tropical Fruit Apple Juice Milk</p>	<p>13) Chicken Fried Rice Broccoli WG Roll Warm Spiced Fruit Apple Juice Milk</p>	<p>14) 10 Grain Pollack on Bun Northern Beans Green Beans Peaches Orange Juice Milk PFS- Beef Patty</p>	<p>15) Hamburger on Bun Baked Beans Glazed Carrots Pears Orange Juice Milk</p>
<p>18) Meatloaf w/ Gravy Lima Beans Parslied Carrots WW Bread Tropical Fruit Apple Juice Milk</p>	<p>19) Creamy Chicken Tikka w/ Coconut Brown Rice Green & Red Peppers White Bread Fresh Fruit Milk</p>	<p>20) Pulled BBQ Pork on Bun Baked Beans Broccoli Raisin Salad Applesauce Grape Juice Milk PFS-Hamburger</p>	<p>21) Chicken Marinara Broccoli Cauliflower Spiced Pears WG Roll Orange Juice Milk</p>	<p>22) Potato Crusted Pollack Garlic Whipped Potatoes Garden Vegetable Blend Wheat Bread Mandarin Oranges Apple Juice & Milk PFS-Salisbury Beef</p>
<p>25) Parmesan Chicken Patty Garlic Penne Pasta Tuscany Vegetable Blend WW Bread Pineapple Orange Juice Milk</p>	<p>26) Lemon Pepper Chicken Mashed Potatoes Mixed Vegetables WG Roll Fresh Fruit Milk</p>	<p>27) Soy Ginger Chicken Bread Brown Rice Kale White Bread Fresh Fruit Milk</p>	<p>28) Mexican Picadillo Enchilada Sauce Spanish Rice Fiesta Vegetable Blend Fresh Fruit Milk</p>	<p>29) Pork Loin w/ Gravy Cream Style Corn Cabbage WG Roll Fresh Fruit Milk PFS-Meatloaf & Gravy</p>

September 2023 COLD MEALS- Home Delivered *Meals on Wheels* of Central Maryland



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Ham & American Cheese on WW Bread Cole Slaw Applesauce Fortified Juice PFS-Turkey & American Cheese
4) <i>Offices Closed</i> 	5) Roast Beef & Cheddar on Wheat Bread Tuscany Vegetable Salad Peaches Fortified Juice	6) Greek Chicken Salad w/ Croutons Assorted Dressing Dill Potato Salad Fresh Fruit Fortified Juice	7) Lemon Pepper Tuna Salad on WW Pita Bread Black-eyed Pea Salad Fresh Fruit Fortified Juice	8) Turkey & Swiss Cheese on WW Bread Pasta Salad Fresh Fruit Fortified Juice
11) Turkey Salad on WW Pita Italian Cucumber Salad Pineapple Fortified Juice	12) Ham & Swiss Cheese on WW Bread Macaroni Salad Fresh Fruit Fortified Juice PFS- Roast Beef	13) Turkey & American Cheese on WW Bun Cranraisin Citrus Salad Tropical Fruit Fortified Juice	14) Asian Chicken Salad w/ Croutons Assorted Dressing Pasta Salad Fresh Fruit Fortified Juice	15) Tuna Salad on Potato Roll Patriotic Bean Salad Fresh Fruit Fortified Juice PFS-Egg Salad
18) Chicken Pasta Salad Green Bean Salad Pears Potato Roll Fortified Juice	19) Turkey & American Cheese on White Bread Mediterranean Lentil Salad Fresh Fruit Fortified Juice	20) Chicken Salad on WW Pita Beets w/ Citrus Dressing Tropical Fruit Salad Fortified Juice	21) Ham & American Cheese on WW Bun Mexican Coleslaw Tropical Fruit Fortified Juice PFS-Turkey	22) French Bistro Turkey Salad w/ WG Roll Honey Ginger Carrots Pineapple Fortified Juice
25) Tuna Salad on WW Pita Citrus Carrot Salad Pears Fortified Juice PFS- Chicken Salad	26) Honey Mustard Chicken Salad w/ WG Roll Chickpea Salad Fresh Fruit Fortified Juice	27) Ham & Swiss on Potato Roll Redskin Potato Salad Fresh Fruit Fortified Juice PFS- Roast Beef	28) Egg Salad on WW Bread Pineapple Slaw Peaches Fortified Juice	29) Turkey & American Cheese on WW Bread Honey Lime Corn Salad Fresh Fruit Fortified Juice

TO CANCEL A MEAL, SHARE A CONCERN, OR ASK A QUESTION CALL CLIENT ENGAGEMENT AT 410-558-0932

ALL MEAL CANCELLATIONS MUSTBE MADE 48 HOURS IN ADVANCE OF DELIVERY DAY MENU. ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE