

October 2017 HOT MEALS

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2) Baked Chicken w/Gravy Lima Beans Country Vegetables Wheat Roll w/Marg Diced Peaches Orange Juice 1% Milk</p>	<p>3) Potato Crusted Fish Macaroni & Cheese Herbed Green Beans Wheat Roll w/Marg Tartar Sauce Tropical Fruit Apple Juice 1% Milk <i>PFS-Lemon Pepper Chicken</i></p>	<p>4) Stuffed Shells w/Meat Sauce Kale Cherry Fruit Treat Wheat Bread w/Marg Grape Juice 1% Milk</p>	<p>5) Sliced Turkey w/Gravy Whipped Potatoes Sliced Carrots Cornbread Muffin w/Marg Cinnamon Applesauce Cranberry Juice 1% Milk</p>	<p>6) Egg Patty w/Cheese Sauce Turkey Sausage Links Grits Stewed Tomatoes Biscuit w/Jelly Pkt Diced Peaches Orange Juice 1% Milk</p>
<p>9) Grilled Pork Patty w/Mushroom Gravy Mashed Spiced Yams Mixed Vegetables Wheat Bread w/Marg Diced Pears Cranberry Juice 1% Milk <i>PFS-Beef w/Mushroom Gravy</i></p>	<p>10) Sloppy Joe Mixed Beans Hot Glazed Peaches Coleslaw Wheat Hamburger Bun Orange Juice 1% Milk</p>	<p>11) Baked Chicken Thigh w/Dijon Herb Sauce Scalloped Potatoes Broccoli Texas Bread w/Marg Pineapple Tidbits Apple Juice 1% Milk</p>	<p>12) Beef Italiano Garlic & Red Pepper Penne Green Peas Wheat Roll w/Marg Fresh Fruit Grape Juice 1% Milk</p>	<p>13) Creamy Tikka Chicken Parslied Rice Cauliflower Naan Bread w/Marg Mandarin Oranges Apple Juice 1% Milk</p>
<p>16) Meatloaf w/Tomato Gravy Buttermilk Potatoes Brussels Sprouts Wheat Bread w/Marg Fresh Fruit Apple Juice 1% Milk</p>	<p>17) Hawaiian Chicken Cornbread Dressing Spinach Wheat Roll w/Marg Mandarin Oranges Grape Juice 1% Milk</p>	<p>18) Hamburger Sliced Cheese Ranch Beans Mixed Vegetables Wheat Hamburger Bun Ketchup Applesauce Orange Juice 1% Milk</p>	<p>19) Cranberry Dijon Chicken Roasted Diced Potatoes Cabbage Italian Bread w/Marg Pineapple Tidbits Cranberry Juice 1% Milk</p>	<p>20) Stuffed Salmon w/Lemon Caper Sauce Rice Florentine Parslied Carrots Wheat Bread w/Marg Fluffy Fruit Salad Orange Juice 1% Milk <i>PFS-Baked Chicken Breast</i></p>
<p>23) Chicken Breast w/Sweet & Sour Sauce Fried Rice California Vegetables Wheat Roll w/Marg Fresh Fruit Cranberry Juice 1% Milk</p>	<p>24) Beef Meat Sauce Whole Grain Penne Pasta Green Beans Breadstick w/Marg Apple Fruit Treat Grape Juice 1% Milk</p>	<p>25) Baked Chicken Thigh Blackeyed Peas Broccoli Wheat Roll w/Marg Tropical Fruit Apple Juice 1% Milk</p>	<p>26) Pork Roast w/Raisin Sauce Mashed Spiced Yams Harvard Beets Wheat Roll w/Marg Applesauce Cranberry Juice 1% Milk <i>PFS-Swiss Steak</i></p>	<p>27) 10 Grain Pollock Mixed Greens Peach Crisp Potato Salad Cornbread Muffin w/Marg Orange Juice 1% Milk <i>PFS-Chicken Breast w/BBQ Sauce</i></p>
<p>30) Pepper Beef Steak Lima Beans Stewed Tomatoes Wheat Roll w/Marg Fresh Fruit Grape Juice 1% Milk</p>	<p>31) Sausage w/Onions & Peppers Crispy Cubed Potatoes Hot Peaches & Coleslaw Wheat Hot Dog Bun Mustard Halloween Cookies Grape Juice & 1% Milk <i>PFS-Beef Hot Dog w/Onions & Peppers</i></p>			

October 2017 COLD MEALS Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Sliced Turkey & Swiss Cheese Tomato & Cucumber Salad Tropical Fruit Fortified Juice	3) Egg Salad Carrot Raisin Salad Cinnamon Applesauce Kaiser Roll Fortified Juice	4) Tuna Salad Green Pea Salad Peaches & Pineapples Wheat Bread Fortified Juice <i>PFS-Turkey Salad</i>	5) Chicken Caesar Salad w/Dressing Mediterranean Lentil Salad Fresh Fruit Wheat Roll Fortified Juice	6) Turkey Pasta Salad Tuscan Vegetable Salad Spiced Apples Kaiser Roll Fortified Juice
9) Chicken Salad Patriotic Bean Salad Fresh Fruit Wheat Bread Fortified Juice	10) Lemon Pepper Tuna Salad Broccoli Salad Tropical Fruit Kaiser Roll Fortified Juice <i>PFS-Egg Salad</i>	11) Roast Beef Chef Salad w/Dressing Copper Pennies Fresh Fruit Wheat Bread Fortified Juice	12) Egg Salad Beet Salad Apricots, Mandarin Oranges, & Pineapple Wheat Hamburger Bun Fortified Juice	13) Seafood Salad Coleslaw Applesauce Rye Bread Fortified Juice <i>PFS-Zesty Baja Chicken Salad</i>
16) Cured Turkey Carrot Raisin Salad Pineapple Tidbits Wheat Bread Mayo Fortified Juice	17) Egg Salad Tomato Spoon Relish Diced Peaches Rye Bread Fortified Juice	18) Mixed Green Salad w/Chicken Dressing Cucumber Salad Fresh Fruit Crackers Fortified Juice	19) Tuna Mac Salad Green Pea Salad Tropical Fruit Wheat Roll Fortified Juice <i>PFS-Egg Salad</i>	20) Honey Mustard Chicken Salad Green Bean & Tomato Salad Fresh Fruit Kaiser Roll Fortified Juice
23) Sliced Roast Beef Chickpea Salad Fresh Fruit Wheat Bread Mayo Fortified Juice	24) Krab Mac Salad Ranch House Tomatoes Mandarin Oranges & Pineapple Wheat Roll & Saltine Crackers Fortified Juice <i>PFS-Egg Salad</i>	25) Turkey Salad Mandarin Beets w/Citrus Dressing Applesauce Kaiser Roll Fortified Juice	26) Chicken Salad Carrot Raisin Salad Pineapple Tidbits Kaiser Roll Fortified Juice	27) Chicken Chef Salad w/Dressing Tex Mex Pasta Salad Fresh Fruit Wheat Roll Fortified Juice
30) Chicken Salad Copper Pennies Diced Peaches Kaiser Roll Fortified Juice	31) Sliced Turkey Patriotic Bean Salad Fresh Fruit Wheat Bread 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
MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

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