




May 2024 HOT MEALS- Home Delivered *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Nutrition</p>	 <p>STAY HYDRATED</p>	<p>1) Pork Loin w/ Brown Gravy Spiced Yams Broccoli WW Bread Fresh Fruit Milk</p> <p>PFS-Salisbury Steak</p>	<p>2) Turkey w/ Tarragon Sauce Scalloped Potatoes California Blend Carrott Raisin Salad Italian Bread Fresh Fruit Milk</p>	<p>3) Cinco De Mayo Fajita Chicken w/ Enchilada Sauce Spanish Rice Fiesta Vegetable Blend Flour Tortilla Fresh Fruit Cookie & Milk</p>
<p>6) Korean BBQ Chicken Drumsticks Confetti Rice Broccoli Dinner Roll Fresh Fruit Milk</p>	<p>7) Beef Hotdog w/ Sauerkraut Baked Beans Coleslaw WW Bun Peaches Milk</p>	<p>8) Baked Chicken with Romesco Sauce – <i>Nut Free</i> Bow Tie Pasta Cauliflower Green Peas WG Breadstick Pears & Milk</p>	<p>9) Meatloaf w/ Brown Gravy Whipped Potatoes Mixed Vegetables Potato Roll Fresh Fruit Milk</p>	<p>10) Mother's Day Honey Balsamic Beef Sweet Potatoes Pacific Veg Blend Mixed Green Salad WG Roll Mixed Fruit Brownie & Milk</p>
<p>13) Swedish Beef Meatballs w/ Penne Pasta Green Peas Carrots WW Bread Tropical Fruit Milk</p>	<p>14) Baked Chicken w/ Onion Gravy Redskin Potatoes Spinach Cucumber Creole Salad Italian Bread Mandarin Oranges & Milk</p>	<p>15) Cheeseburger on WW Bun Lettuce/Tomato/Pickle Steak Fries Coleslaw Warm Applesauce Milk</p>	<p>16) Honey Ginger Ham Macaroni & Cheese Broccoli WW Bread Fresh Fruit & Milk PFS-Honey Ginger Turkey</p>	<p>17) 10 Grain Pollack Black-eyed Peas Okra/Tomatoes/Corn Macaroni Salad Fresh Fruit & Milk PFS-Swiss Steak</p>
<p>20) Turkey w/ Country Gravy Spiced Yams Brussels Sprouts Three Bean Salad WG Roll Applesauce & Milk</p>	<p>21) Stuffed Shells w/ Marinara Sauce Zucchini & Cauliflower Green Salad WG Breadstick Pineapple & Milk</p>	<p>22) Anchovy Lime Chicken Spanish Rice Fiesta Veg Blend Flour Tortilla Fresh Fruit & Milk</p>	<p>23) Roast Beef w/ Gravy Mashed Potatoes Glazed Carrots Cucumber Onion Salad WG Roll Mixed Fruit & Milk</p>	<p>24) Pulled BBQ Pork on WG Roll Baked Beans & Cole Slaw Apple Cobbler Juice & Milk PFS- BBQ Chicken</p>
<p>27) Memorial Day Offices Closed Frozen Meals delivered in advance.</p> 	<p>28) Apple Cranberry Turkey Macaroni & Cheese Green Peas Mixed Green Salad Beet Salad Dinner Roll Fruit & Milk</p>	<p>29) Lemon Caper Tilapia Lima Beans Carrots Tomato Cucumber Salad WG Roll Mandarin Oranges & Milk PFS- Lemon Caper Chicken</p>	<p>30) Chicken Curry Yellow Rice Okra & Tomatoes Mixed Green Salad Tropical Fruit & Milk</p>	<p>31) Cabbage Roll w/ Marinara Sauce Mashed Potatoes Herbed Green Beans WW Bread Fresh Fruit Milk</p>

May 2024 COLD MEALS-Home Delivered *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1) Tuna Salad on WW Pita Tomato Salsa Tropical Fruit Fortified Juice</p> <p>PFS- Turkey Salad</p>	<p>2) Ham & Cheese on WW Bread Green Pea Salad Fortified Juice</p> <p>PFS-Roast Beef</p>	<p>3) Turkey Chef Salad Chickpea Salad WG Roll Fresh Fruit Fortified Juice</p>
<p>6) Krab Macaroni Salad on Naan Bread Mixed Vegetable Salad Pineapple Tidbits Fortified Juice</p> <p>PFS- Egg Salad</p>	<p>7) Honey Mustard Chicken on WW Bun WG Penne Pasta Salad Fresh Fruit Fortified Juice</p>	<p>8) Ham & Muenster Cheese on Kaiser Patriotic Bean Salad Mandarin Oranges Fortified Juice</p> <p>PFS-Roast Beef</p>	<p>9) Turkey & American Cheese on Wheat Bread Carrot Raisin Salad Tropical Fruit Fortified Juice</p>	<p>10) Chicken Caesar Salad Mediterranean Lentil Salad WG Roll Fresh Fruit Fortified Juice</p>
<p>13) Chicken Salad on Rye Bread Three Bean Salad Fresh Fruit Fortified Juice</p>	<p>14) Tuna Salad on Potato Bun Lemon Dijon Carrot Salad Pineapple Tidbits Fortified Juice</p> <p>PFS-Turkey Salad</p>	<p>15) Greek Chicken Salad Pasta Salad WG Breadstick Fresh Fruit Fortified Juice</p>	<p>16) Roast Beef & Muenster Cheese on Whole Wheat Black-eyed Pea Salad Fresh Fruit Fortified Juice</p>	<p>17) Turkey & American Cheese on WW Bread Coleslaw Mandarin Oranges Fortified Juice</p>
<p>20) Egg Salad on Wheat Bread Macaroni Salad Fresh Fruit Fortified Juice</p>	<p>21) Turkey Salad On Croissant Mixed Green Salad Tropical Fruit Fortified Juice</p>	<p>22) Roast Beef w/ Swiss Cheese White Beans & Olive Salad Fresh Fruit Fortified Juice</p>	<p>23) Chicken Pasta Salad Broccoli Craisin Salad WG Roll Mandarin Oranges Fortified Juice</p>	<p>24) Tuna Salad on WW Pita Copper Pennies Fresh Fruit Fortified Juice</p> <p>PFS-Egg Salad</p>
<p>27) <i>Memorial Day Offices Closed</i> <i>Frozen Meals delivered in advance.</i></p> 	<p>28) Krab Salad on Kaiser Bun Apple Slaw Tropical Fruit Fortified Juice</p> <p>PFS-Egg Salad</p>	<p>29) Ham & American Cheese on Rye Bread Citrus Carrot Salad Cinnamon Applesauce Fortified Juice</p> <p>PFS-Turkey</p>	<p>30) Roast Beef & Cheddar on WW Bread Potato Salad Fresh Fruit Fortified Juice</p>	<p>31) Asian Chicken Salad Mediterranean Lentil Salad WG Roll Fresh Fruit Fortified Juice</p>

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