




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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Garlic Chicken Marsala Bow Tie Pasta Green Peas/ Cauliflower WW Bread Mandarin Oranges Milk	2) Beef Hot Dog on Bun Baked Beans Cole Slaw Spiced Fruit Milk	3) Breaded Pollock on Bun Macaroni & Cheese Pacific Vegetable Blend Fresh Fruit Milk	4) Pineapple Glazed Chicken Mashed Spiced Yams Broccoli WW Bread Fresh Fruit Milk
7) Pork Loin w/ Gravy Corn Broccoli WG Roll Mixed Fruit & Milk PFS-Meatloaf	8) Beef Tacos w/ WW Tortilla Lettuce & Tomato Black Beans Fresh Fruit Taco Sauce Milk	9) Salisbury Beef w/ Burgandy Sauce Garlic Mashed Potatoes Mixed Vegetables Wheat Bread Fresh Fruit & Milk	10) Potato Crusted Pollack Herbed Brown Rice Green & Red Peppers WG Roll Fresh Fruit & Milk PFS- Beef Meatballs	11) Swedish Beef Meatballs w/ Penne Paste Parslied Carrots Herbed Green Peas WW Bread Tropical Fruit & Milk
14) Creamy Chicken Tikka w/ Naan Turmeric Basmati Rice Parmesan Cauliflower Mixed Fruit Milk	15) Sloppy Joes on WW Bun Maple Baked Beans Broccoli Fresh Fruit Milk	16) Caribbean Spiced Chicken w/ Onion Gravy Rice Green Beans Wheat Bread Apple Juice Mandarin Oranges & Milk	17) Turkey w/ Poultry Gravy Mashed Yams Brussel Sprouts WG Roll Fresh Fruit Milk	18) Penne Marinara w/ Beef Meat Sauce Cauliflower Spinach WG Roll Tropical Fruit Milk
21) Turkey w/ Dijon Herb Sauce Mashed Potatoes Cabbage WW Bread Fresh Fruit Milk	22) Glazed Ham Macaroni & Cheese Glazed Carrots Broccoli Salad WG Roll Applesauce & Milk PFS- Pineapple Chicken	23) Hamburger on WW Bun Lettuce/Tomato/Pickle Baked Beans Stewed Tomatoes Tropical Fruit Grape Juice Milk	24) Honey Glazed Chicken Lemon Orzo California Vegetable Blend WG Roll Fresh Fruit Milk	25) Baked Pollack w/ Old Bay Crean Sauce Herbed Brown Rice Brussel Sprouts Wheat Bread Fresh Fruit & Milk PFS- Swiss Steak
28) Sweet & Sour Turkey Meatballs Brown Rice Broccoli WG Roll Fresh Fruit Milk	29) Beef Ziti Bake Green Beans Cauliflower Wheat Bread Mixed Fruit Milk	30) Rosemary Buttered Chicken Black-eyed Peas Mixed Greens WW Bread Tropical Fruit Milk	31) <i>Halloween</i> Stuffed Shells w/ Pumpkin Cream Sauce Carrots/ Cole Slaw Dinner Roll Spiced Apples & Milk <i>Pumpkin Spiced Cookie</i>	

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Turkey & Swiss on WW Bread Lettuce & Tomato Chickpea Salad Fresh Fruit Fortified Juice	2) Ham & Provolone Cheese on WW Bread Beet Salad Tropical Fruit Fortified Juice PFS-Roast Beef	3) Chicken Salad on WW Pita Copper Pennies Applesauce Fortified Juice	4) Egg Salad on Potato Bun Green Bean Salad Peaches Fortified Juice
7) Jerk Turkey Salad on WW Pita Tuscany Vegetable Salad Mandarin Oranges Fortified Juice	8) Tuna Salad on WW Pita Green Pea Salad Peaches & Pineapple Fortified Juice	9) Ham & American Cheese on Wheat Copper Pennies Tropical Fruit Fortified Juice PFS-Turkey	10) Chicken Caesar Salad Mediterranean Lentil Salad WG Roll Fesh Fruit Fortified Juice	11) Turkey & Provolone Cheese on WW Bread Apple Slaw Fortified Juice
14) Egg Salad on WW Bread Lemon Dijon Carrot Salad Applesauce Fortified Juice	15) Turkey & Muenster on Wheat Pickled Beets Fresh Fruit Fortified Juice	16) Roast Beef & Swiss on WW Bread Green Pea Salad Fortified Juice	17) Chef Salad Chickpea Salad WG Roll Fresh Fruit Fortified Juice	18) Tuna Salad on Kaiser Bun Cucumber Salad w/ Creole Dressing Fortified Juice PFS-Chicken Salad
21) Turkey Salad on WW Bread Green Bean Salad Tropical Fruit Fortified Juice	22) Southern Chicken Salad Chickpea Salad WG Roll Fresh Fruit Fortified Juice	23) Ham & Provolone Cheese on WW Bread Three Bean Salad Fluffy Fruit Salad Fortified Juice PFS-Roast Beef	24) Tuna Salad on WW Pita Green Pea Salad Mandarin Oranges Fortified Juice PFS-Egg Salad	25) Turkey & American Cheese on Kaiser Bun Citrus Carrot Salad Pineapple Fortified Juice
28) Chicken Salad on Wheat Mandarin Beets w/ Citrus dressing Cran Applesauce Fortified Juice	29) Lemon Pepper Tuna Salad on WW Pita Italian Cucumber Salad Tropical Fruit Fortified Juice PFS- Egg Salad	30) Roast Beef & Muenster on Wheat Lemon Dijon Carrot Salad Pineapple Fortified Juice	31) Greek Chicken Salad Chickpea Salad WG Roll Fresh Fruit Fortified Juice	

Client Engagement 410-558-0923

