

September 2024 HOT MEALS *Meals on Wheels of Central Maryland*




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2) <i>Labor Day Offices Closed</i></p> 	<p>3) Baked Lemon Tilapia Corn Glazed Carrots Cucumber Salad WW Bread Tropical Fruit & Milk <i>PFS-Turkey</i></p>	<p>4) BBQ Pork Rib Patty Baked Beans Collard Greens Corn Muffin Fresh Fruit Milk <i>PFS-BBQ Beef Meatballs</i></p>	<p>5) Lemongrass Chicken Lemon Rice Okra & Tomatoes WW Bread Pickled Beets Fruit & Milk</p>	<p>6) WG Rotini & Meatsauce Yellow Squash Broccoli WG Roll Pears Milk</p>
<p>9) Potato Crusted Pollock Macaroni & Cheese California Blend Vegetables WG Roll Fresh Fruit & Milk <i>PFS-Turkey & Gravy</i></p>	<p>10) Stuffed Shells w/ Marinara Sauce Yellow Squash Broccoli Multi-Grain Bread Pears Milk</p>	<p>11) Beef Meatballs w/ Peking Sauce Brown Rice Green Peas Carrots WW Bread Tropical Fruit & Milk</p>	<p>12) Peach BBQ Chicken Butternut Squash Spiced Apples Broccoli Cranberry Salad Dinner Roll Milk</p>	<p>13) Turkey w/ Tarragon Sauce Delmonico Potatoes Brussel Sprouts Mixed Green Salad WG Roll Peaches & Milk</p>
<p>16) Coconut Curry Chicken Parslied Rice Cauliflower Kale Naan Bread Mixed Fruit Milk</p>	<p>17) Meatloaf w/ Gravy Mashed Potatoes Glazed Carrots WG Roll Fresh Fruit Milk</p>	<p>18) Chicken Cacciatore w/ Rotini Capri Vegetable Blend Galic Spinach WW Bread Tropical Fruit Milk</p>	<p>19) Pulled Pork on Bun Black Beans Coleslaw Plantains Mandarin Oranges Milk <i>PFS- Hamburger</i></p>	<p>20) 10 Grain Pollack Corn Broccoli WG Roll Fresh Fruit Milk <i>PFS- Orange Glazed Chicken</i></p>
<p>23) Parmesan Chicken w/ Penne Pasta Cauliflower Green Beans Multi-Grain Bread Tropical Fruit Milk</p>	<p>24) Chicken Marsala Bow Tie Pasta Green Peas Cauliflower WW Bread Mandarin Oranges Milk</p>	<p>25) Pork w/ Caramelized Onion Jam Sweet Potatoes Collard Greens Cornbread Fresh Fruit & Milk <i>PFS-Roast Beef</i></p>	<p>26) Creamy Paprika Chicken Rice Pilaf Green Peas Ratatouille WW Bread Mixed Fruit & Milk</p>	<p>27) Salisbury Beef w/ Gravy Mashed Potatoes Mixed Vegetables WG Roll Fresh Fruit Milk</p>
<p>30) Korean BBQ Meatballs Brown Rice Carrots Japanese Vegetable Blend WG Roll Tropical Fruit Milk</p>			<p>Nutrition</p> 	

Client Engagement 410-558-0923

September 2024 COLD MEALS- Meals on Wheels of Central Maryland



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2) Labor Day Offices Closed</p> 	<p>3) Roast Beef & Swiss on Wheat Pasta Salad Applesauce Fortified Juice</p>	<p>4) Turkey Chef Salad Country Tomato Salad Tropical Fruit Club Roll Fortified Juice</p>	<p>5) Lemon Pepper Tuna WW Pita Bread Black eyed Pea Salad Fresh Fruit Fortified Juice <i>PFS-Chicken Salad</i></p>	<p>6) Turkey & American Cheese Carri Fruit Salad Fresh Fruit Fortified Juice</p>
<p>9) Tuna Salad on Kaiser Bun Citrus Carrot Salad Tropical Fruit Fortified Juice <i>PFS- Egg Salad</i></p>	<p>10) Asian Chicken Salad Green Pea Salad WG Roll Fruit Cocktail Fortified Juice</p>	<p>11) Chicken Salad on WW Pita Mixed Vegetable Salad Pineapple Tidbits Fortified Juice</p>	<p>12) Roast Beef & American Cheese White Bean & Olive Salad Fresh Fruit Fortified Juice</p>	<p>13) Ham & Swiss Cheese on WW Bread Macaroni Salad Fresh Fruit Fortified Juice <i>PFS- Roast Beef</i></p>
<p>16) Deviled Egg Salad Mexican Coleslaw Pears Fortified Juice</p>	<p>17) Chicken Salad on Wheat Bread Mixed Vegetable Salad Peaches Fortified Juice</p>	<p>18) Roast Beef & Provolone Cheese on Wheat Bread Italian Cucumber Salad Pineapple Tidbits Fortified Juice</p>	<p>19) Turkey & Swiss on Rye Bread Lemon Dijon Carrot Salad Fruit Cocktail Fortified Juice</p>	<p>20) Spinach Salad w/ Chicken Chickpea Salad WW Pita Fresh Fruit Fortified Juice</p>
<p>23) Tuna Salad on WW Pita Green Pea Salad Fresh Fruit Milk Fortified Juice <i>PFS- Chicken Salad</i></p>	<p>24) Ham & Muenster Cheese on Kaiser Bun Citrus Carrot Salad Pineapple Tidbits Fortified Juice <i>PFS-Turkey & Muenster Cheese</i></p>	<p>25) Egg Salad on Wheat Bread Pineapple Slaw Applesauce Fortified Juice</p>	<p>26) Greek Chicken Salad Mediterranean Lentil salad WG Roll Fresh Fruit Fortified Juice</p>	<p>27) Turkey & Swiss on Rye Bread Honey Lime Corn Salad Fresh Fruit Fortified Juice</p>
<p>30) Krab Macaroni Salad Broccoli Raisin Salad Pineapple Tidbits Saltine Crackers Fortified Juice <i>PFS- Turkey Salad</i></p>	