




November 2024 HOT MEALS





Meals on Wheels of Central Maryland



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Salisbury Beef w/ Brown Gravy Roasted Sweet Potatoes California Blend WG Roll Fresh Fruit & Milk
4) Cheese Omelet Stewed Tomatoes WG Biscuit Applesauce Grape Juice Milk	5) Apple Cranberry Chicken Breast Lima Beans Carrots WW Bread Tropical Fruit Apple Juice & Milk	6) Roast Beef w/ Brown Gravy Au Gratin Potatoes Broccoli Wheat Bread Fresh Fruit Milk	7) Polish Sausage w/ Peppers & Onions Sauerkraut Peas & Mushrooms WW Bun Mandarin Oranges & Milk PFS- Turkey Sausage	8) Teriyaki Beef Meatballs Confetti Rice Cabbage WG Roll Fresh Fruit Milk
11) <i>Marry Me Chicken</i> Creamy Chicken w/ Italian Spices Penne Pasta Brussel Sprouts WW Bread Pears & Milk	12) Meatloaf w/ Brown Gravy Garlic Whipped Potatoes Glazed Carrots WG Roll Fresh Fruit Milk	13) BBQ Pork Ribette on WW Bun Baked Beans California Blend Fresh Fruit Milk PFS- Hamburger	14) Creole Chicken Legs Corn Green Beans Wheat Bread Mandarin Oranges Grape Juice Milk	15) Cheesy Lasagna Rolls w/ Marinara Sauce Broccoli Italian Cucumber Salad Warm Spiced Pineapple WG Roll Milk
18) Pork Loin w/ Gravy Corn Broccoli WG Roll Mixed Fruit & Milk PFS- Meatloaf w/ Gravy	19) Beef Taco w/ Lettuce & Tomato WW Tortilla Black Beans Fiesta Vegetable Blend Fresh Fruit & Milk	20) Salisbury Beef w/ Burgandy Sauce Garlic Whipped Potatoes Pacific Vegetable Blend Wheat Bread Fresh Fruit & Milk	21) Potato Crusted Pollack Herbed Brown Rice Green Beans w/ Peppers WG Roll Fresh Fruit & milk PFS- Beef Meatballs	22) Swedish Beef Meatballs w/ Penne Pasta Parslied Carrots Herbed Green Peas WW Bread Tropical Fruit & Milk
25) Creamy Chicken Tikka Basmati Rice Garlic Parmesan Cauliflower Mixed Fruit Naan Bread Milk	26) <i>Thanksgiving Special</i> <i>Turkey w/ Poultry Gravy Stuffing</i> <i>Garlic Mashed Potatoes</i> <i>Southern Style Green Beans</i> <i>WG Roll</i> <i>Cranberry Sauce</i> <i>Mandarin Oranges</i> <i>Sweet Potato Pie & Milk</i>	27) Sloppy Joe on WW Bun Maple Baked Beans Broccoli Fresh Fruit Milk	28) Closed 	29) Closed

Client Engagement 410-558-0923

November 2024 **COLD MEALS-** *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Greek Chicken Salad w/ Assorted Dressing Chickpea Salad WG Roll Fresh fruit Fortified Juice
4) Turkey Cranberry Salad on WW Pita Pasta Salad Fresh Fruit Fortified Juice	5) Old Bay Tuna Salad on Wheat Bread Confetti Corn Salad Fresh Fruit Fortified Juice PFS- Egg salad	6) Roast Beef w/ Provolone Cheese on WW Bun White bean & Olive Salad Fresh Fruit Fortified Juice	7) Turkey & Swiss Cheese on Kaiser Bun Copper Pennies Pineapple Tidbits Fortified Juice	8) Chicken Pasta Salad Three Bean Salad WG Roll Tropical Fruit Fortified Juice
11) Krab Macaroni Salad Green Pea Salad WG Roll Applesauce Fortified Juice PFS- Egg Salad	12) Dill Chicken Salad on Kaiser Bun Cucumber Salad w/ Creole Dressing Tropical Fruit Fortified Juice	13) Turkey & Muenster Cheese on WW Bread Green Bean Salad Fresh Fruit Fortified Juice	14) Ham & Cheddar Cheese on WW Bun Black-eyed Pea Salad Fresh Fruit Fortified Juice PFS Roast Beef	15) Chicken Salad on WW Pita Honey Ginger Carrots Pineapple Tidbits Fortified Juice
18) Jerk Turkey Salad on WW Pita Tuscany Vegetable Salad Mandarin Oranges Fortified Juice	19) Tuna Salad on WW Pita Green Pea Salad Peaches & Pineapple Fortified Juice PFS- Egg Salad	20) Ham & American Cheese on Wheat Bread Copper Pennies Tropical Fruit Fortified Juice PFS- Turkey	21) Chicken Caesar Salad Mediterranean Lentil Salad WG Roll Fresh Fruit Fortified Juice	22) Turkey & Provolone Cheese on WW Bread Apple Slaw Fluffy Fruit Salad Fortified Juice
25) Egg Salad on WW Bread Lemon Dijon Carrot Salad Applesauce Fortified Juice	26) Turkey & Muenster Cheese on Wheat Bread Pickled Beets Fresh Fruit Fortified Juice	27) Roast Beef & Swiss Cheese on WW Bread Green Pea Salad Tropical Fruit Fortified Juice	28) Closed 	29) Closed