





December 2024 **HOT MEALS-** *Meals on Wheels of Central Maryland*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Turkey w/ Dijon Herb Sauce Twice Whipped Potatoes Cabbage WW Bread Fresh Fruit & Milk 	3) Glazed Ham Macaroni & Cheese Glazed Carrots Broccoli Salad WG Roll Applesauce & Milk PFS-Pineapple Glazed Chicken	4) Hamburger on WW Bun Lettuce/Tomato/Pickle Baked Beans Stewed Tomatoes Tropical Fruit & Milk 	5) Honey Glazed Diced Chicken Lemon Orzo California Vegetable Blend WG Roll Fresh Fruit & Milk	6) Baked Pollack w/ Old Bay Cream Sauce Herbed Brown Rice Brussel Sprouts Wheat Bread Fresh Fruit & Milk PFS-Swiss Steak
9) Sweet & Sour Turkey Meatballs w/ Brown Rice Broccoli WG Roll Fresh Fruit & Milk	10) Beef Ziti Bake Green Beans Cauliflower Wheat Bread Mixed Fruit & Milk	11) Rosemary Buttered Chicken Black-eyed Peas Mixed Greens WW Bread Tropical Fruit & Milk	12) Shrimp Crab Au Gratin Delmonico Potatoes Ratatouille WG Roll Fresh Fruit & Milk PFS-Turkey w/ Gravy	13) Salisbury Beef w/ Brown Gravy Roasted Sweet Potatoes California Vegetable Blend WG Roll Fresh Fruit & Milk
16) <i>Cranberry Dijon Chicken</i> <i>Au Gratin Potatoes</i> <i>Broccoli</i> <i>Carrot Raisin Salad</i> <i>WG Roll</i> <i>Mixed Fruit & Milk</i> <i>Chocolate Cake</i>	17) Apple Cranberry Chicken Breast Lima Beans/ Carrots WW Bread Tropical Fruit Apple Juice & Milk	18) Roast Beef w/ Brown Gravy Au gratin Potatoes Broccoli Wheat Bread Fresh Fruit & Milk	19) Polish Sausage w/ Peppers & Onions Sauerkraut Green Peas & Mushrooms WW Bun Mandarin Oranges & Milk PFS- Turkey Sausage	20) Cheese Omelet Stewed Tomatoes WG Biscuit Applesauce Grape Juice & Milk
23) Marry Me Chicken Creamy Chicken w/ Italian Spices w/ Penne Brussel Sprouts WW Bread Pears Apple Juice & Milk	24) Meatloaf w/ Brown Gravy Garlic Mashed Potatoes Glazed Carrots WG Roll Fresh Fruit & Milk	25) <i>Offices Closed</i> 	26) Creole Chicken Legs Corn Green Beans Wheat Bread Mandarin Oranges Grape Juice Milk	27) Beef Taco w/ Lettuce & Tomato WW Tortilla Black Beans Fiesta Vegetable Blend Fresh Fruit & Milk
30) Pork Loin w/ Gravy Corn Broccoli WG Roll Mixed Fruit & Milk PFS-Meatloaf w/ Gravy	31) <i>Pineapple Glazed Ham</i> <i>Black-eyed Peas, Cabbage</i> <i>Corn Muffin</i> <i>Tossed Salad</i> <i>Fresh Fruit, Milk, & Brownie</i> <i>Happy New Year!</i> PFS-Turkey Ham			

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Turkey Salad on WW Bread Green Bean Salad Tropical Fruit & Milk 	3) Southern Chicken Salad Chickpea Salad WG Roll Fresh Fruit & Milk	4) Ham & Provolone Cheese on WW Bread Three Bean Salad Fluffy Fruit Salad Milk PFS-Roast Beef w/ Provolone Cheese	5) Tuna Salads on WW Pita Green Pea Salad Mandarin Oranges & Milk PFS-Egg Salad	6) Turkey & American Cheese on Kaiser Bun Citrus Carrot Salad Pineapple & Milk
9) Chicken Salad on Wheat Bread Mandarin Beets w/ Citrus Dressing Cran Applesauce Milk	10) Lemon Pepper Tuna Salad on WW Pita Italian Cucumber Salad Tropical Fruit & Milk PFS- Egg Salad	11) Ham & Swiss Cheese on WW Bread Venetian Pasta Salad Fresh Fruit & Milk PFS- Turkey	12) Roast Beef & Muenster Cheese on Wheat Bread Lemon Dijon Carrot Salad Pineapple & Milk	13) Greek Chicken Salad Chickpea Salad WG Roll Fresh Fruit & Milk
16) Chicken Pasta Salad Three Bean Salad WG Roll Tropical Fruit Milk	17) Old Bay Tuna Salad on Wheat Bread Confetti Corn Salad Fresh Fruit Milk PFS-Egg Salad	18) Roast Beef w/ Provolone Cheese on WW Bun White Bean & Olive Salad Fresh Fruit Milk	19) Turkey & Swiss Cheese on Kaiser Bun Copper Pennies Pineapple Tidbits Milk	20) Turkey Cranberry Salad on WW Pita Pasta Salad Fresh Fruit Milk
23) Krab Macaroni Salad Green Pea Salad WG Roll Applesauce Milk PFS-Egg Salad	24) Dill Chicken Salad on Kaiser Bun Cucumber Salad w/ Creole Dressing Tropical Fruit Milk	25) Offices Closed 	26) Ham & Cheddar Cheese on WW Bun Black-eyed Pea Salad Fresh Fruit Milk PFS-Roast Beef	27) Tuna Salad on WW Pita Green Pea Salad Peaches & Pineapple Milk PFS-Egg Salad
30) Jerk Turkey Salad on WW Pita Tuscany Vegetable Salad Mandarin Oranges Milk	31) Chicken Salad on WW Pita Honey Ginger Carrots Pineapple Tidbits Milk			

Client Engagement 410-558-0923

Menu items subject to Change- We Cannot accommodate Most Food Allergies

