

January 2025 HOT MEALS- Meals on Wheels of Central Maryland



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Offices Closed 	2) Potato Crusted Pollack Herbed Brown Rice Green Beans & Red Peppers WG Roll Fresh Fruit Milk PFS-Beef Meatballs	3) Swedish Meatballs w/ Penne Pasta Parslied Carrots Herbed Green Peas WW Bread Tropical Fruit Milk
6) Rosemary Butter Chicken Leg Black-eyed Peas Mixed Greens WW Bread Tropical Fruit Milk	7) Sloppy Joe on WW Bun Maple Baked Beans Broccoli Fresh Fruit Milk	8) Caribbean Spiced Chicken w/ Onion Gravy Herbed Rice Green Beans Wheat Bread Mandarin Oranges Apple Juice & Milk	9) Turkey w/ Poultry Gravy Mashed Spiced Yams Brussel Sprouts WG Roll Fresh Fruit Milk	10) Penne Marinara w/ Meat Sauce Cauliflower Spinach WG Roll Tropical Fruit Milk
13) Turkey w/ Dijon Herb Sauce Twice Whipped Potatoes Braised Greens WW Bread Fresh Fruit Milk	14) Glazed Ham Macaroni & Cheese Glazed Carrots Broccoli Salad WG Roll Applesauce Milk PFS-Pineapple Chicken	15) Cheeseburger on WW Bun Lettuce/Tomato/Pickle Baked Beans Stewed Tomatoes Tropical Fruit Milk	16) Honey Glazed Chicken Lemon Orzo California Blend WG Roll Fresh Fruit Milk	17) Pollack w/ Old Bay Cream Sauce Herbed Brown Rice Brussel Sprouts Wheat Bread Fresh Fruit Milk PFS-Swiss Steak
20) <i>Offices Closed</i> 	21) Baked Ziti Green Beans Cauliflower Wheat Bread Mixed Fruit Milk	22) Creamy Chicken Stew Basmati Rice Garlic Parmesan Cauliflower Dinner Roll Mixed Fruit Milk	23) Shrimp & Crab Au Gratin Delmonico Potatoes Ratatouille WG Roll Fresh Fruit Milk PFS-Turkey & Gravy	24) Cheese Omelet Stewed Tomatoes WG Biscuit Applesauce Grape Juice Milk
27) Salisbury Beef w/ Gravy Sweet Potatoes California Vegetable Blend WG Roll Fresh Fruit & Milk	28) Apple Cranberry Chicken Lima Beans Carrots WW Bread Tropical Fruit Milk	29) Roast Beef w/ Gravy Au Gratin Potatoes Broccoli Wheat Bread Fresh Fruit Milk	30) Polish Sausage w/ Peppers & Onions Sauerkraut Green Peas & Mushrooms WW Bun Mandarin Oranges & Milk PFS- Turkey Sausage	31) Teriyaki Beef Meatballs Confetti Rice Cabbage WG Roll Fresh Fruit Milk

Client Engagement 410-558-0923 Menu items subject to Change- We Cannot accommodate Most Food Allergies

January 2025 COLD MEALS- Meals on Wheels of Central Maryland



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Offices Closed 	2) Chicken Caesar Salad Mediterranean Lentil Salad Fresh Fruit Fortified Juice	3) Turkey & Provolone Cheese on WW Bread Apple Slaw Fluffy Fruit Salad WW Bread Fortified Juice
6) Ham & Swiss Cheese on WW Bread Venetian Pasta Salad Fresh Fruit Fortified Juice PFS-Turkey & Swiss	7) Turkey & Muenster Cheese on Wheat Bread Pickled Beets Fresh Fruit Fortified Juice	8) Roast Beef w/ Swiss Cheese on WW Bread Green Pea Salad Tropical Fruit Fortified Juice	9) Chef Salad Chickpea Salad WG Roll Assorted Dressing Fresh Fruit Fortified Juice	10) Tuna Salad on Kaiser Bun Cucumber Salad w/ Creole Dressing Mandarin Oranges & Pineapple Fortified Juice PFS- Chicken Salad
13) Turkey Salad on WW Bread Green Bean Salad Tropical Fruit Fortified Juice	14) Southern Chicken Salad on WG Roll Chickpea Salad Fresh Fruit Fortified Juice	15) Ham & Provolone Cheese on WW Bread Three Bean Salad Fluffy Fruit Salad Fortified Juice PFS-Roast Beef	16) Tuna Salad on WW Pita Green Pea Salad Mandarin Oranges Fortified Juice PFS-Egg Salad	17) Turkey & American Cheese on Kaiser Citrus Carrot Salad Pineapple Tidbits Fortified Juice
20) Offices Closed 	21) Lemon Pepper Tuna Salad on WW Pita Italian Cucumber Salad Tropical Fruit Fortified Juice PFS-Egg Salad	22) Egg Salad on WW Bread Lemon Dijon Carrot Salad Applesauce Fortified Juice	23) Roast Beef & Muenster Cheese on Wheat Bread Lemon Dijon Carrot Salad Pineapple Fortified Juice	24) Turkey Cranberry Salad on WW Pita Pasta Salad Fresh Fruit Fortified Juice
27) Greek Chicken Salad Chickpea Salad WG Roll Fresh Fruit Fortified Juice	28) Old Bay Tuna Salad on Wheat Bread Confetti Corn Salad Fresh Fruit Fortified Juice PFS- Egg Salad	29) Roast Beef & Provolone Cheese on WW Bun White Bean Salad w/ Olives Fresh Fruit Fortified Juice	30) Turkey & Swiss Cheese on Kaiser Bun Copper Pennies Pineapple Fortified Juice	31) Chicken Pasta Salad Three Bean Salad Tropical Fruit WG Roll Fortified Juice

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