



# February 2025 HOT MEALS-



# Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Beef Meatballs w/ Marinara Sauce Buttered Rotini Green Beans Cole Slaw WW Bun Fresh Fruit Milk	4) Pork Loin w/ Gravy Hawaiian Baked Beans Broccoli Florets WW Bread Fresh Fruit Milk  PFS-Salisbury Beef	5) Chicken Gumbo Buttered Rice Carrots Cucumber Onion Salad Cornbread Muffin Tropical Fruit Milk	6) Turkey & Gravy Stuffing California Vegetable Blend Carrot Raisin Salad WG Roll Applesauce Milk	7) Baked Pollack w/ Old Bay Cream Sauce Corn Brussels Sprouts WW Bread Fresh Fruit Milk PFS-Chicken Thigh & Drumstick
10) BBQ Chicken Drumsticks Baked Sweet Potato Brussels Sprouts Wheat Roll Fresh Fruit Milk	11) Beef Hot Dog on Bun Pacific Vegetable Blend Warm Spiced Fruit Cole Slaw Milk	12) Stuffed Shells w/ Marinara Cauliflower Green Peas WG Garlic Breadstick Pears Milk  	13) Roast Beef w/ Onion Gravy Garlic whipped Potatoes California Vegetable Blend WW Bread Fresh Fruit Milk	14) Macaroni & Cheese Okra & Tomatoes Mixed Greens Mandarin Oranges Milk
17) <i>Offices Closed, Frozen Meals Delivered in Advance</i>  	18) Cranberry Dijon Chicken Rosemary Potatoes Herbed Green Beans Wheat Roll Fresh Fruit Milk	19) Beef Chili Brown Rice Brussels Sprouts Cornbread Applesauce Milk	20) Pineapple Glazed Ham Macaroni & Cheese California Vegetable Blend Texas Bread Fresh Fruit Milk PFS- Pineapple Glazed Turkey	21) Potato Crusted Pollack Seasoned Red Kidney Beans Broccoli & Cauliflower Italian Bread Fresh Fruit Milk PFS- Swiss Steak
24) Turkey w/ Poultry Gravy Mashed Spiced Yams Seasoned Cabbage & Carrots Wheat Roll Fresh Fruit Milk	25) Pulled Pork BBQ on Bun Hawaiian Baked Beans Brussels Sprouts Fresh Fruit Milk  PFS- Pulled BBQ Chicken	26) Chicken Alfredo Broccoli Florets Warm Spiced Fruit Italian Cucumber Salad WG Garlic Breadstick Milk	27) Roast Beef w/ Au Gus Gravy Twice Baked Potatoes Glazed Carrots WW Bread Fresh Orange Milk	28) Spinach Lasagna Herbed Green Beans Cauliflower WG Garlic Breadstick Applesauce Milk



***February 2025*** **COLD MEALS-**

*Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Chicken Salad w/ WW Pita Bread Carrot Raisin Salad Pineapple Fortified Juice	4) Turkey & Provolone Cheese on Wheat Bread Green Pea Salad Applesauce Fortified Juice	5) Egg Salad on Wheat Bread Italian Cucumber Salad Apple Slaw Fortified Juice	6) Ham & Swiss on Kaiser Bun Mixed Vegetable Salad Pineapple Fortified Juice PFS- Roast beef w/Swiss Cheese	7) Turkey Pasta Salad Chickpea Salad Applesauce Wheat Roll Fortified Juice
10) Old Bay Tuna Salad On WW Pita Green Pea Salad Mandarin Oranges Fortified Juice  PFS- Egg Salad	11) Grilled Chicken Sandwich on WW Bun Pasta Salad Peaches Fortified Juice	12) Ham & Muenster Cheese on Wheat Bread Cole Slaw Pineapple Fortified Juice  PFS- Roast Beef w/ Muenster Cheese	13) Turkey & Provolone on Wheat Bread Carrot Raisin Salad Tropical Fruit Fortified Juice	14) Chicken Caesar Salad Mediterranean Lentil Salad WG Roll Orange Fortified Juice  
17) <i>Offices Closed, Frozen Meals Delivered in Advance</i>  	18) Tuna Salad on WW Pita Lemon Dijon Carrot Salad Pineapple Fortified Juice  PFS-Turkey Salad	19) Roast Beef & American Cheese on Kaisr Bun Broccoli Raisin Salad Tropical Fruit Fortified Juice	20) Sesame Chicken Salad Chickpea Salad WG Roll Orange Fortified Juice	21) Turkey & Muenster Cheese on Kaiser Bun Coleslaw Applesauce Fortified Juice
24) Egg Salad on WW Pita Carrot Slaw Fruit Cup Fortified Juice	25) Turkey Salad on WW Pita California Vegetable Salad Pineapple Fortified Juice	26) Roast Beef & American Cheese on Wheat Bread Mediterranean Lentil Salad Fresh Fruit Fortified Juice	27) Chicken Chef Salad Cucumber Salad w/ Creole Dressing Mandarin Oranges WG Roll Fortified Juice	28) Tuna Salad on Wheat Bread Copper Pennies Fresh Fruit Fortified Juice  PFS- Egg Salad

