




March 2025 **HOT MEALS** *Meals on Wheels of Central Maryland*


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Sante Fe Beef Chili Brown Rice Broccoli Florets Crackers Fresh Fruit Milk	4) <i>Mardi Gras</i> Chicken Gumbo White Rice Seasoned Collard Greens Carrots Cornbread Muffin Fruit & Milk	5) Ash Wednesday Vegetarian Sloppy Joe Potato Wedges California Vegetable Blend WW Bun Fruit & Milk	6) Turkey w/ Creamy Gravy Herbed Green Beans Cabbage WG Roll Applesauce & Milk	7) Crispy Baked Chicken on Kaiser Bun Mayo & Pickles Delmonico Potatoes Spinach Fruit & Milk
10) Penne Pasta w/ Meat Sauce Italian Vegetable Blend Broccoli Florets Breadstick Applesauce & Milk	11) Pork Loin w/ Country Gravy Twice Baked Potatoes Herbed Green Beans WG Roll Fresh Fruit & Milk PFS- Turkey & Gravy	12) Chicken Teriyaki Carrots Japanese Vegetable Blend WW Bread Tropical Fruit Milk	13) Turkey Sausage Jambalaya White Rice Beets WG Roll Pears Milk	14) Honey BBQ Leg Quarter Black-eyed Peas Mixed Greens WW Bread Fresh Fruit Milk
17) <i>St. Patrick's Day</i> Corned Beef Red Skin Potatoes Cabbage & Carrots Rye Bread Fruit, Lime Gelatin & Milk 	18) Chicken Gumbo Buttered Rice Carrots Cucumber Onion Salad Cornbread Muffin Tropical Fruit Milk	19) Pork Loin w/ Brown Gravy Hawaiian Baked Beans Broccoli Florets WW Bread Fresh Fruit Milk PFS- Salisbury Beef	20) BBQ Chicken Drumsticks Baked Sweet Potatoes Broccoli Florets Wheat Roll Fruit & Milk	21) Baked Pollack w/ Old Bay Cream Sauce Corn Brussels Sprouts WW Bread Fruit Milk PFS- Chicken w/ Old Bay Cream
24) Turkey w/ Gravy Herbed Stuffing California Vegetable Blend WG Roll Carrot Raisin Salad Applesauce Milk	25) Pork BBQ on Bun Pacific Vegetable Blend Warm Spiced Fruit Cole Slaw Milk PFS-BBQ Chicken	26) Chicken Leg Quarter w/ Cacciatore Sauce Green Peas Cauliflower Italian Bread Fresh Fruit & Milk	27) <i>Baseball Opening Day</i> Beef Hot Dog on Bun Ketchup & Mustard Sauerkraut Baked Beans Fruit & Milk	28) Macaroni & Cheese Okra & Tomatoes Mixed Greens WG Roll Mandarin Oranges Milk
31) Swedish Meatballs w/ Penne Pasta Spinach Carrots Wheat Bread Tropical Fruit & Milk				

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

March 2025 COLD MEALS

Meals on Wheels of Central Maryland



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) Curry Chicken Salad on Wheat Carrot Raisn Salad Tropical Fruit Fortified Juice</p>	<p>4) Ham & Muenster on Wheat Apple Slaw Pineapple Fortified Juice PFS- Turkey & Muenster</p>	<p>5) Lemon Pepper Tuna Salad w/ WW Pita Bread Mandarin Beets w/ Citrus Dressing Mandarin Oranges Fortified Juice PFS- Egg Salad</p>	<p>6) Roast Beef w/ Cheddar Cheese Green Pea Salad Tropical Fruit Fortified Juice</p>	<p>7) Asian Chicken Salad on Wheat Three Bean Salad Fresh Fruit Fortified Juice</p>
<p>10) Ham & Provolone Cheese on Kaiser Bun Black-eyed Pea Salad Applesauce Fortified Juice PFS-Roast Beef</p>	<p>11) Egg Salad on WW Pita Bread Honeu Ginger Carrots Pineapple Fortified Juice</p>	<p>12) Greek Chicken Salad Kidney Beans WG Roll Fresh Fruit Fortified Juice</p>	<p>13) Tarragon Tuna Salad on WW Pita Bread Italian Cucumber Salad Tropical Fruit Fortified Juice PFS- Egg Salad</p>	<p>14) Turkey w/ American Cheese on Wheat Venetian Pasta Salad Fresh Fruit Fortified Juice</p>
<p>17) Chicken Salad on WW Pita Bread Carrot Raisin Salad Mandarin Oranges Fortified Juice </p>	<p>18) Turkey & Provolone Cheese on Wheat Bread Green Pea Salad Applesauce Fortified Juice</p>	<p>19) Egg Salad on Wheat Bread Italian Cucumber Salad Apple Slaw Fortified Juice</p>	<p>20) Ham & Swiss Cheese on Kaiser Bun Mixed Vegetable Salad Pineapple Fortified Juice PFS- Roast Beef</p>	<p>21) Turkey Pasta Salad Chickpea Salad Wheat Roll Applesauce Fortified Juice</p>
<p>24) Old Bay Tuna Salad on WW Pita Bread Green Pea Salad Mandarin Oranges Fortified Juice PFS- Egg Salad</p>	<p>25) Grilled Chicken Breast on WW Bun Mayonnaise Pasta Salad Applesauce Fortified Juice</p>	<p>26) Ham & Muenster Cheese on Wheat Bread Coleslaw Pineapple Fortified Juice PFS- Roast Beef</p>	<p>27) Turkey w/ Provolone Cheese on Wheat Bread Carrot Raisin Salad Tropical Fruit Milk Fortified Juice</p>	<p>28) Chicken Caesar Salad WG Roll Mediterranean Lentil Salad Fresh Fruit Fortified Juice</p>
<p>31) Chicken Salad on WW Pita Beet Salad Mandarin Oranges Fortified Juice</p>			