

APRIL 20

HOT MEALS

Meals on Wheels of Central Maryland

MONDAY

TUESDAY

WEDNESDAY

THURSDAY




FRIDAY

	<p>1) Cranberry Dijon Chicken Brown Rice Herbed Green Beans Wheat Roll Fresh Fruit Milk</p>	<p>2) Cheese Omelet w/ Peppers, Onions, & Mushrooms Rosemary Potatoes Brussels Sprouts WG Roll Applesauce Milk</p>	<p>3) Pineapple Glazed Ham Macaroni & Cheese California Vegetable Blend Texas Bread Fresh Fruit Milk</p> <p>PFS-Turkey</p>	<p>4) Potato Crusted Pollack Seasoned Kidney Beans Broccoli & Cauliflower Italian Bread Fruit Milk</p> <p>PFS-Swiss Steak</p>
<p>7) Turkey & Gravy Spiced Yams Seasoned Cabbage & Carrots Wheat Roll Fruit Milk</p>	<p>8) BBQ Pulled Pork on Bun Hawaiian Baked Beans Brussels Sprouts Fruit Milk</p> <p>PFS-Chicken</p>	<p>9) Chicken Alfredo Broccoli Florets Warm Spiced Fruit WG Garlic Breadstick Italian Cucumber Salad Milk</p>	<p>10) Roast Beef w/ Au Jus Gravy Garlic mashed Potatoes Glazed Carrots WW Bread Fruit Milk</p>	<p>11) Stuffed Shells w/ Marinara Sauce Herbed Green Beans Cauliflower WG Garlic Breadstick Pears Milk</p>
<p>14) Santa Fe Beef Chili Brown Rice Broccoli Florets Corn Bread Fruit Milk</p>	<p>15) Baked Tilapia w/ Lemon Caper Sauce Lima Beans Carrots WG Roll Fruit Milk</p> <p>PFS- Chicken Leg Quarter</p>	<p>16) <i>Easter Special</i> Pineapple Glazed Ham Scalloped Potatoes Asparagus & WG Roll Mixed Green Salad & Tropical Fruit & Milk <i>Special Dessert</i> PFS- Chicken</p>	<p>17) Turkey Supreme Herbed Green Beans Carrots WG Roll Applesauce Milk</p>	<p>18) Crispy Baked Chicken Sandwich on Kaiser Roll Spinach Delmonico Potatoes Fruit Milk</p>
<p>21) Italian Beef Marinara w/ Buttered Penne Capri Vegetable Blend Broccoli Florets Breadstick Fruit Milk</p>	<p>22) Pork Loin w/ Country Gravy Garlic Mashed Potatoes Herbed Green Beans WG Roll Fresh Fruit & Milk PFS- Turkey</p>	<p>23) Teriyaki Chicken Carrots Japanese Vegetable Blend WW Bread Tropical Fruit Milk</p>	<p>24) Jambalaya w/ Turkey Sausage Cauliflower Seasoned Beets WG Roll Pears Milk</p>	<p>25) Honey BBQ Chicken Leg Quarter Black-eyed Peas Mixed Greens WW Bread Fruit Milk</p>
<p>28) Beef Meatballs w/ Rotini & Marinara Sauce Green Beans Italian Bread Fresh Fruit Milk</p>	<p>29) Chicken Gumbo w/ Buttered Rice Carrots Cucumber Onion Salad Cornbread Muffin Tropical Fruit Milk</p>	<p>30) Pork Loin w/ Brown Gravy Hawaiian Baked Beans Broccoli Florets WW Bread Fruit & Milk PFS- Salisbury Beef</p>		<p><i>Nutrition</i></p> 

Client Engagement 410-558-0923

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

April 2025 COLD MEALS Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Tuna Salad w/ Whole Wheat Pita Bread Lemon Dijon Carrot Salad Pineapple Fortified Juice PFS-Turkey Salad	2) Roast Beef w/ American Cheese on Kaiser Bun Broccoli Raisin Salad Tropical Fruit Fortified Juice	3) Sesame Chicken Salad Chickpea Salad Whole Grain Roll Fresh Fruit Fortified Juice	4) Turkey w/ Muenster Cheese on Kaiser Bun Coleslaw Applesauce Fortified Juice
7) Egg Salad on WW Pita Carrot Slaw Applesauce Fortified Juice	8) Turkey Salad w/ Whole Wheat Pita California Vegetable Salad Pineapple Fortified Juice	9) Roast Beef w/ American Cheese Mediterranean Vegetable Salad Fresh Fruit Fortified Juice	10) Chicken Chef Salad Cucumber Salad w/ Creole Dressing WG Roll Mandarin Oranges Fortified Juice	11) Tuna Salad on Wheat Copper Pennies Fruit Fortified Juice PFS- Egg Salad
14) Curry Chicken Salad on Wheat Bread Carrot Raisin Salad Tropical Fruit Fortified Juice	15) Ham & Muenster Cheese on Wheat Bread Apple Slaw Pineapple Fortified Juice PFS- Turkey	16) Lemon Pepper Tuna Salad w/ WW Pita Bread Mandarin Beets w/ Citrus Dressing Pineapple Fortified Juice PFS-Egg Salad	17) Roast Beef w/ Cheddar Cheese on Kaiser Bun Green Pea Salad Tropical Fruit Fortified Juice	18) Asian Chicken Salad Three Bean Salad Texas Bread Fresh Fruit Fortified Juice
21) Ham & Provolone Cheese on Kaiser Bun Bleck-eyed Pea Salad Strawberry Applesauce Fortified Juice PFS- Roast Beef	22) Egg Salad on WW Pita Bread Honey Ginger Carrots Pineapple Fortified Juice	23) Greek Chicken Salad Seasoned Kidney Beans Whole Grain Roll Fresh Fruit Fortified Juice	24) Tarragon Tuna Salad On WW Pita Bread Italian Cucumber Salad Tropical Fruit Fortified Juice PFS-Egg Salad	25) Turkey & American Cheese on Wheat Bread Venetian Pasta Salad Fresh Fruit Fortified Juice
28) Chicken Salad on WW Pita Carrot Raisin Salad Mandarin Oranges Fortified Juice	29) Turkey & Provolone Cheese Green Pea Salad Applesauce Fortified Juice	30) Egg Salad on Wheat Bread Italian Cucumber Salad Apple Slaw Fortified Juice		

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