





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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Turkey w/ Gravy Stuffing California Vegetable Blend Carrot Raisin Salad WG Roll Applesauce & Milk	2) Baked Pollack w/ Old Bay Sauce Corn & Brussels Sprouts WW Bread Fresh Fruit & Milk PFS-Baked Chicken w/ Old Bay Cream Sauce
5) Cinco De Mayo Fajita Chicken w/ Enchilada Sauce Spanish Rice Fiesta Vegetable Blend Flour Tortilla Fres Fruit & Milk	6) Beef Hot Dog on Bun Pacific Vegetable Blend Coleslaw Spiced Fruit Milk	7) Baked Chicken w/ Cacciatore Sauce Green Peas Cauliflower Italian Bread Fresh Fruit & Milk	8) Roast Beef w/ Onion Gravy Garlic Mashed Potatoes California Vegetable Blend WW Bread Fresh Fruit & Milk	9) Chicken Cordon Bleu w/ Dijon Herb Sauce Sweet Potatoes Pacif Vegetable Blend WG Roll Mixed Salad Fruit, Milk, & Brownie
12) Swedish Meatballs Buttered Penne Pasta Peas & Carrots Wheat Bread Fruit & Milk	13) Cranberry Dijon Chicken w/ Brown Rice Herbed Green Beans Wheat Roll Fresh Fruit & Milk	14) Cheese Omelet w/ Peppers, Onions, & Mushrooms Rosemary Potatoes Brussels Sprouts WG Roll Applesauce & Milk	15) Ham & Pineapple Glaze Macaroni & Cheese California Vegetables Texas Bread Fresh Fruit & Milk PFS-Turkey w/Pineapple Glaze	16) Potato Crusted Pollack Seasoned Red Beans Broccoli & Cauliflower Italian Bread Fresh Fruit & Milk PFS-Swiss Steak w/ Gravy
19) Turkey & Gravy Mashed Spiced Yams Cabbage & Carrots Wheat Roll Fresh Fruit & Milk	20) Roast Beef w/ Au Jus Mashed Potatoes Glazed Carrots WW Bread Fesh Fruit & Milk	21) Chicken Alfredo Broccoli Florets Italian Cucumber Salad Spiced Fruit Garlic Breadstick Milk	22) Memorial Day Pulled BBQ Pork on Bun Baked Beans Collard Greens Apple Crisp Milk PFS-Pulled BBQ Chicken	23) Cheese Stuffed Shells w/ Marinara Sauce Herbed Green Beans Cauliflower WG Garlic Breadstick Fruit & Milk
Memorial Day – Offices Closed 	27) BBQ Chicken Drumsticks Sweet Potatoes Broccoli Florets Wheat Roll Applesauce Milk	28) Baked Tilapia w/ Lemon Caper Sauce Lima Beans & Carrots Tomato Cucumber Salad Fruit & Milk PFS-Lemon Caper Chicken	29) Turkey Supreme Herbed Green Beans Cabbage Applesauce Milk	30) Crispy Baked Chicken on Kaiser Bun Spinach Delmonico Potatoes Fresh Fruit & Milk

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

May 2025 COLD MEALS

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Ham & Swiss on Kaiser Bun Mixed Vegetable Salad Pineapple Milk PFS-Roast Beef w/ Swiss Cheese	2) Turkey Pasta Salad Chickpea Salad Applesauce Wheat Roll Milk
5) Old Bay Tuna Salad on WW Pita Bread Green Pea Salad Pineapple Milk PFS-Egg Salad	6) Grilled Chicken on WW Bun Pasta Salad Applesauce Milk	7) Ham & Muenster Cheese on Wheat Bread Coleslaw Pineapple Milk PFS-Roast Beef w/ Muenster	8) Turkey & Provolone Cheese on Wheat Bread Carrot Raisin Salad Tropical Fruit Milk	9) Chicken Caesar Salad Mediterranean Lentil Salad WG Roll Fresh Fruit Milk
12) Chicken Salad on WW Pita Bread Beet Salad Mandarin Oranges Milk	13) Tuna Salad on WW Pita Bread Lemon Dijon Carrot Salad Pineapple Milk PFS- Turkey Salad	14) Roast Beef & American Cheese on Kaiser Bun Broccoli Raisin Salad Tropical Fruit Milk	15) Sesame Chicken Salad Chickpea Salad Fresh Fruit Milk	16) Turkey & Muenster Cheese on Kaiser Bun Coleslaw Applesauce Milk
19) Egg Salad on WW Pita Bread Carrot Slaw Applesauce Milk	20) Turkey Salad on WW Pita Bread California Vegetable Salad Pineapple Milk	21) Roast Beef & American Cheese on Wheat Bread Mediterranean Lentil Salad Fresh Fruit Milk	22) Chicken Chef Salad Cucumber Salad w/ Creole Dressing Mandarin Oranges WG Roll Milk	23) Tuna Salad on Wheat Bread Copper Pennies Fresh Fruit Milk PFS-Egg Salad
26) <i>Memorial Day – Offices Closed</i> 	27) Ham & Muenster Cheese on Wheat Bread Apple Slaw Pineapple Milk PFS-Turkey & Muenster	28) Lemon Pepper Tuna Salad on WW Pita Bread Mandarin Beets w/ Citrus Dressing Mandarin Oranges WW Pita Milk PFS- Egg Salad	29) Roast Beef w/ Cheddar Cheese on Kaiser Bun Green Pea Salad Tropical Fruit Milk	30) Asian Chicken Salad on WW Bread Three Bean Salad Fresh Fruit Milk

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