

September 2025 **HOT MEALS-** Meals on Wheels of Central Maryland

MONDAY

1) Labor Day
Offices Closed



TUESDAY

2) Baked Pollack w/ Dill Sauce
Mixed Vegetables
Parslied Carrots
Wheat Bread
Mandarin Oranges & Milk
PFS-Turkey w/ Dill Sauce

WEDNESDAY

3) BBQ Pork Ribette
Baked Beans
Spinach
WG Roll
Fresh Fruit & Milk
PFS-BBQ Beef Meatballs

THURSDAY

4) Sweet & Sour Chicken
Lemon Rice
Japanese Vegetable Blend
Broccoli Raisin Salad
Wheat Bread
Applesauce & Milk

FRIDAY

5) Beef & Turkey Bolognese
w/WG Rotini
Summer Vegetable Blend
Garlic Brussels Sprouts
WG Roll
Pears & Milk

8) Potato Crusted Pollack w/
Tartar Sauce
Macaroni & Cheese
California Vegetable Blend
WG Roll
Fresh Fruit & Milk
PFS-Turkey w/ Gravy

9) BBQ Chicken Drumsticks
Black-eyed Peas
Collard Greens
Cornbread Muffin
Fresh Fruit & Milk

10) Teriyaki Beef Meatballs
Brown Rice
Green Peas
Carrots
Wheat Bread
Tropical Fruit & Milk

11) Baked Ziti
Ratatouille
Broccoli Florets
Multi-Grain Bread
Fresh Fruit & Milk

12) Turkey w/ Tarragon
Sauce
Mashed Potatoes
Garlic Brussels Sprouts
WG Roll
Mixed Green Salad
Mandarin Oranges & Milk

15) Honey Ginger Glazed
Diced Chicken
Parslied Rice
Roasted Cauliflower
Garden Vegetable Blend
Wheat Roll
Mixed Fruit & Milk

16) Meatloaf w/ Steakhouse
Sauce
Mashed Potatoes
Glazed Carrots
WG Roll
Fresh Fruit & Milk

17) Chicken Cacciatore
Buttered Rotini
Summer Vegetable Blend
Garlic Spinach
Wheat Bread
Applesauce & Milk

18) Pulled Pork on WW
Hamburger Bun
Black Beans
Coleslaw
Key Largo Vegetable Blend
Mandarin Oranges & Milk
PFS-Beef Hamburger

19) 10 Grain Pollack w/ Tartar
Sauce
Cajun Corn
Broccoli Florets
Wheat Bread
Fresh Fruit & Milk
PFS-Orange Glazed Chicken

22) Pork Loin w/ Gravy
Roasted Sweet Potatoes
Creamed Spinach
Cornbread Muffin
Fresh Fruit & Milk
PFS-Roast Beef & Gravy

23) Creamy Paprika Chicken
Yellow Rice
Green Peas
Ratatouille
Wheat Bread
Applesauce & Milk

24) Cheeseburger on WW Bun
Lettuce/Tomato/Pickles
Brussels Sprouts
Pears & Milk

25) Parmesan Chicken
Garlic Penne Pasta
Parslied Carrots
Green Beans
Multi-grain Bread
Mandarin Oranges & Milk

26) Salisbury Beef w/
Horseradish Sauce
Mashed Potatoes
Mixed Vegetables
WG Roll
Fresh Fruit & Milk

29) Korean BBQ Meatballs
Brown Rice
Parslied Carrots
Japanese Vegetable Blend
WG Roll
Mandarin Oranges & Milk

30) Garlic Chicken Marsala
Buttered Rotini
Peas & Pearl Onions
Cauliflower
Wheat Bread
Applesauce & Milk



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

September 2025 COLD MEALS-

Meals on Wheels of Central Maryland

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1) Labor Day Offices Closed</p> 	<p>2) Roast Beef on Wheat Beet Salad Applesauce Fortified Juice</p>	<p>3) Chef Salad w/ Dressing Pasta Salad Fruit Cocktail Saltine Crackers Fortified Juice</p>	<p>4) Lemon Pepper Tuna Salad on Wheat Black-eyed Pea Salad Fresh Fruit Fortified Juice</p> <p><i>PFS-Chicken Salad</i></p>	<p>5) Turkey & American Cheese on Wheat Lettuce/Tomato Lemon Dijon Carrot Salad Fresh Fruit Fortified Juice</p>
<p>8) Turkey & American Cheese on Kaiser Bun Pickles Chickpea Salad Fresh Fruit Fortified Juice</p>	<p>9) Ham & Swiss Cheese on Multi-Grain Bread Lettuce/Tomato Pasta Salad Fresh Fruit Fortified Juice</p> <p><i>PFS-Roast Beef & Swiss</i></p>	<p>10) Honey Mustard Chicken Salad on Wheat Bread Mixed Vegetable Salad Pineapple Tidbits Fortified Juice</p>	<p>11) Asian Chicken Salad w/ Dressing Italian Cucumber Salad Wheat Roll Applesauce Fortified Juice</p>	<p>12) Old Bay Tuna Salad on Wheat Bread Citrus Carrot Salad Tropical Fruit Salad Fortified Juice</p> <p><i>PFS-Egg Salad</i></p>
<p>15) Turkey Cranberry Salad on Wheat Bread Broccoli Raisin Salad Pears Fortified Juice</p>	<p>16) Dill Chicken Salad on Kaiser Bun Italian Cucumber Salad Tropical Fruit Fortified Juice</p>	<p>17) Roast Beef & Cheddar Cheese on Hamburger Bun Lettuce & Tomato Apple Slaw Pineapple Tidbits Fortified Juice</p>	<p>18) Turkey & American Cheese on Wheat Bread Lettuce & Tomato Lemon Dijon Carrot Salad Fruit Cocktail Fortified Juice</p>	<p>19) Spinach Salad w/ Chicken & Salad Dressing Mediterranean Lentil Salad Crackers Fresh Fruit Fortified Juice</p>
<p>22) Turkey & American Cheese on Wheat Bread Pickles Broccoli Raisin Salad Pears Fortified Juice</p>	<p>23) Ham & Swiss Cheese on Wheat Bread Lettuce & Tomato Citrus Carrot Salad Peaches Fortified Juice</p> <p><i>PFS-Turkey & Swiss</i></p>	<p>24) Zesty Baja Chicken Salad on Multi-Grain Bread Pineapple Slaw Applesauce Fortified Juice</p>	<p>25) Greek Chicken Salad w/ Salad Dressing White Bean Salad w/ Black Olives Crackers Fresh Fruit Fortified Juice</p>	<p>26) Lemon Pepper Tuna Salad on Wheat Bread Pasta Salad Fresh Fruit Fortified Juice</p> <p><i>PFS-Chicken Salad</i></p>
<p>29) Southern Chicken Salad Mandarin Beets w/ Citrus Dressing WG Roll Pineapple Fortified Juice</p>	<p>30) Turkey & Swiss Cheese on Multi-Grain Bread Lettuce & Tomato Chickpea Salad Fresh Fruit Fortified Juice</p>			

Client Engagement 410-558-0923

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