


# October 2025 **HOT MEALS**

## Meals on Wheels of Central Maryland



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Beef Hot Dog on Bun Maple Baked Beans Peach Crisp Coleslaw Milk	2) Breaded Pollock on WW Bun Tartar Sauce Lemon Rice Summer Vegetable Blend Fresh Fruit & Milk <i>PFS-Hamburger</i>	3) Baked Chicken Breast w/ Caribbean Glaze Mashed Spiced Yams Broccoli Florets Wheat Bread Fresh Fruit & Milk
6) Diced Chicken/ Ancho Chili Lime Sauce Mexican Street Corn Fiesta Vegetable Blend Flour Tortilla Fresh Fruit & Milk	7) Roast Beef w/ Horseradish Gravy Garlic Whipped Potatoes Glazed Carrots WG Roll Cucumber Tomato Salad Mixed Fruit & Milk	8) BBQ Pork Ribette on Hamburger Bun Baked Beans California Vegetable Blend Fresh Fruit Milk <i>PFS-Hamburger</i>	9) Creamy Chicken Marsala w/ Bowtie Pasta Squash & Onions Herbed Green Beans WG Garlic Breadstick Applesauce & Milk	10) Beef Chili w/ Beans Brown Rice Mixed Vegetables Saltine Crackers Fresh Fruit Milk
13) Potato Crusted Pollock Macaroni & Cheese Broccoli & Cauliflower WG Roll Fresh Fruit & Milk  <i>PFS-Honey Mustard Chicken</i>	14) Brazilian Coconut Chicken Black Beans Garlic Spinach WW Bread Cucumber Salad Mixed Fruit & Milk	15) Baked Ziti w/ Meat Sauce California Vegetable Blend Green Beans WG Garlic Breadstick Pears & Milk	16) Turkey w/ Cranberry Orange Sauce Confetti Rice Broccoli WG Roll Fresh Fruit & Milk	17) Swedish Beef Meatballs w/ Penne Pasta Green Peas Rosemary Carrots WW Bread Applesauce & Milk
20) Sliced Turkey w/ Creole Sauce Black-eyed Peas Herbed Green Beans Cornbread Muffin Fresh Fruit & Milk	21) Ground Beef Cheesesteak on Hamburger Bun Broccoli w/ Parmesan & Garlic Mixed Green Salad Applesauce Milk	22) Parmesan Chicken Patty on WW Bun WG Garlic Rotini Capri Vegetable Blend Milk	23) Pork Loin w/ Brown Gravy Mashed Potatoes Carrots Fresh Fruit & Milk  <i>PFS-Roast Beef w/ Gravy</i>	24) Creamy Chicken Tikka Turmeric Basmati Rice Brussels Sprouts Spinach Naan Bread Tropical Fruit & Milk
27) Meatloaf w/ Onion Gravy Mashed Potatoes Pacific Vegetable Blend WW Bread Fresh Fruit Milk	28) Ham w/ Honey Ginger Glaze Macaroni & Cheese Broccoli & Cauliflower Cucumber Salad WG Roll Mixed Fruit & Milk  <i>PFS-Turkey w/ Honey Ginger Glaze</i>	29) Hamburger on Bun Lettuce/Tomato/Pickle Baked Beans Carrots Fresh Fruit & Milk Ketchup/Mustard/Mayonnaise	30) Chicken Breast w/ Mediterranean Puttanesca Sauce Bow Ties Pasta Brussels Sprouts Cauliflower WG Roll Applesauce & Milk	<i>31) Halloween</i> <i>Beef Hot Dog on Bun</i> <i>Sauerkraut</i> <i>Peppers &amp; Onions</i> <i>Coleslaw</i> <i>Peach Crisp &amp; Milk</i> 

Client Engagement 410-558-0923

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

# October 2025 **COLD MEALS**

## *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Ham & Provolone Cheese on Wheat Lettuce & Tomato Black Bean Salad Tropical Fruit Fortified Juice <i>PFS-Roast Beef w/ Provolone Cheese</i>	2) Chef Salad w/ Dressing Copper Pennies Applesauce Fortified Juice	3) Tuna Macaroni Salad Green Bean Salad Peaches WG Roll Fortified Juice <i>PFS-Turkey Salad</i>
6) Cottage Cheese Green Pea Salad WG Blueberry Muffin Tropical Fruit Fortified Juice	7) Ham & Cheddar Cheese on Wheat Lettuce & Tomato Apple Slaw Fresh Fruit & Fortified Juice <i>PFS-Turkey &amp; Cheddar Cheese</i>	8) Turkey & Swiss Cheese on Wheat Copper Pennies Pineapple Tidbits Fortified Juice	9) Krab Macaroni Salad Mediterranean Lentil Salad WG Roll Fresh Fruit Fortified Juice <i>PFS-Egg Salad</i>	10) Egg Salad on Kaiser Bun Green Bean Salad Applesauce Fortified Juice
13) Dill Chicken Salad on Wheat Mandarin Beets w/ Citrus Dressing Pineapple Tidbits Fortified Juice	14) Roast Beef & Cheddar on Kaiser Bun Lettuce & Tomato Cucumber Onion Salad Peaches Fortified Juice	15) Turkey & Swiss Cheese on Wheat Lettuce & Tomato Cranberry Chickpea Salad w/ Feta Fresh Fruit Fortified Juice	16) Sesame Ginger Chicken w/ Soba Noodles Lemon Dijon Carrot Salad Fresh Fruit WG Roll Fortified Juice	17) Tuna Salad on Wheat Broccoli Raisin Salad Tropical Fruit Fortified Juice <i>PFS-Egg Salad</i>
20) Asian Chicken Salad w/ Dressing Pasta Salad WG Roll Pineapple Tidbits Fortified Juice	21) Ham & Swiss on Wheat Lettuce & Tomato Green Pea Salad Mandarin Oranges Fortified Juice <i>PFS-Roast Beef w/ Swiss Cheese</i>	22) Roast Beef & Cheddar on Wheat Lettuce & Tomato Citrus Carrot Salad Diced Pears Fortified Juice	23) Egg Salad on Kaiser Bun Tomato Basil Salad Applesauce Fortified Juice	24) Turkey Salad on WW Bread Mediterranean Lentil Salad Fresh Fruit Fortified Juice
27) Cottage Cheese Three Bean Salad WG Blueberry Muffin Tropical Fruit Fortified Juice	28) Old Bay Tuna Salad on Kaiser Bun Macaroni Salad Fresh Fruit Fortified Juice <i>PFS-Egg Salad</i>	29) Ham & American Cheese on WW Bread Lettuce & Tomato Mandarin Beet Salad w/ Citrus Dressing Diced Pears & Fortified Juice <i>PFS-Turkey w/ American Cheese</i>	30) Turkey & Swiss on Wheat Lettuce & Tomato Carrot Raisin Salad Pineapple Tidbits Fortified Juice	31) Greek Chicken Salad w/ Dressing Chickpea Salad Diced Peaches Naan Bread Fortified Juice