

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Turkey w/ Creole Sauce Black-eyed Peas Herbed Green Beans Cornbread Muffin Fresh Fruit Milk 	2) Sloppy Joes on Bun Garlic Parmesan Broccoli Mixed Green Salad Applesauce Milk	3) Parmesan Chicken Patty WG Rotini Capri Vegetable Blend Cauliflower WG Garlic Breadstick Pineapple Tidbits Milk	4) Pork Loin w/ Brown Gravy Mashed Potatoes Carrots WG Roll Fresh Fruit Milk <i>PFS-Roast Beef</i>	5) Creamy Chicken Tikka Turmeric Basmati Rice Brussels Sprouts Spinach Naan Bread Tropical Fruit Milk
8) Meatloaf w/ Onion Gravy Mashed Potatoes Pacific Vegetable Blend WW Bread Fresh Fruit Milk	9) Honey Ginger Ham Macaroni & Cheese Broccoli/Cauliflower WG Roll Cucumber Salad Mixed Fruit & Milk <i>PFS-Honey Ginger Turkey</i>	10) Hamburger on Bun Lettuce/Tomato/Pickle Baked Beans Carrots Fresh Fruit Milk	11) Chicken Puttanesca Bow Tie Pasta Brussels Sprouts Cauliflower WG Roll Applesauce Milk	12) Turkey & Gravy Rice Pilaf California Vegetable Blend Wheat Bread Fresh Fruit Milk
15) Turkey Meatballs w/ Rhubarb Glaze Parslied Rice Broccoli Key Largo Veg Blend WG Roll Mandarin Oranges & Milk	16) WG Penne Pasta w/ Meat Sauce Lemon Pepper Green Beans Garden Vegetable Blend Wheat Bread Applesauce & Milk	17) Chicken Drumsticks w/ Mango BBQ Sauce Braised Lentils Capri Vegetable Blend Carrot Raisin Salad WW Bread Mixed Fruit & Milk	18) Beef Stew Brown Rice Green Peas Carrots WG Roll Fresh Fruit & Milk	19) Pork Loin w/ Apricot Honey Sauce Mashed Spiced Yams Garlic Parm Cauliflower Wheat Bread Fresh Fruit & Milk <i>PFS- Apricot Honey Turkey</i>
22) Salisbury Beef w/ Onion Gravy Mashed Potatoes Glazed Carrots WG Roll Fresh Fruit & Milk	<i>23) Cranberry Dijon Chicken Scalloped Potatoes California Vegetable Blend WG Roll Fresh Fruit & Milk Oatmeal Raisin Cookie</i>	24) Baked Pollock w/ Old Bay Cream Sauce Lemon Orzo Broccoli Wheat Bread Fresh Fruit & Milk <i>PFS-Turkey w/ Old Bay Cream Sauce</i>	<i>25) Closed</i> 	26) Beef Hotdog on Bun w/ Sauté Pepper & Onions Coleslaw Peach Crisp Milk
29) Ancho Chili Lime Chicken Mexican Street Corn Fiesta Vegetable Blend Flour Tortilla Fresh Fruit & Milk	<i>30) Glazed Ham Black-eyed Peas Cabbage Corn Bread Muffin Fresh Fruit & Milk PFS-Sliced Turkey</i>	31) BBQ Pork Ribette on Bun Baked Beans California Vegetable Blend Fresh Fruit & Milk <i>PFS-Hamburger</i>		

December 2025 COLD MEALS- Meals on Wheels of Central Maryland



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Asian Chicken Salad w/ Dressing Pasta Salad WG Roll Pineapple Tidbits Fortified Juice	2) Ham & Swiss on Wheat Lettuce & Tomato Green Pea Salad Mandarin Oranges Fortified Juice <i>PFS-Roast Beef w/ Swiss Cheese</i>	3) Roast Beef & Cheddar on Wheat Lettuce & Tomato Citrus Carrot Salad Diced Pears Fortified Juice	4) Egg Salad on Kaiser Bun Tomato Basil Salad Applesauce Fortified Juice	5) Turkey Salad on WW Bread Mediterranean Lentil Salad Fresh Fruit Fortified Juice
8) Cottage Cheese Green Pea Salad WG Blueberry Muffin Tropical Fruit Fortified Juice	9) Old Bay Tuna Salad on Kaiser Bun Macaroni Salad Fresh Fruit Fortified Juice <i>PFS-Egg Salad</i>	10) 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>	11) Turkey & Swiss on Wheat Lettuce & Tomato Carrot Raisin Salad Pineapple Tidbits Fortified Juice	12) Greek Chicken Salad w/ Dressing Chickpea Salad Diced Peaches Naan Bread Fortified Juice
15) Egg Salad on Wheat Bread White Bean & Black Olive Salad Peaches Fortified Juice	16) Chicken Caesar Salad Italian Cucumber Salad WG Roll Fruit Cocktail Fortified Juice	17) Roast Beef & American Cheese on Wheat Lettuce & Tomato Lemon Dijon Carrot Salad Pears Fortified Juice	18) Turkey Salad on Kaiser Bun Green Pea Salad Pineapple Tidbits Fortified Juice	19) Chicken Pasta Salad Green Bean Salad Mandarin Oranges WG Roll Fortified Juice
22) Tuna Salad on Kaiser Bun Broccoli Raisin Salad Tropical Fruit Fortified Juice <i>PFS-Turkey Salad</i>	23) Turkey Chef Salad Black-eyed Pea Salad Diced Pears WG Roll Fortified Juice	24) Turkey & Cheddar Cheese on Whole Wheat Lettuce & Tomato Three Bean Salad Pineapple Tidbits Fortified Juice	<i>25) Closed</i> 	26) Chicken Salad on Wheat Carrot Raisin Salad Pineapple Tidbits Fortified Juice
29) Cottage Cheese Green Pea Salad WG Blueberry Muffin Tropical Fruit Fortified Juice	30) Ham & Cheddar Cheese on Wheat Lettuce & Tomato Apple Slaw Fresh Fruit & Fortified Juice PFS-Turkey & Cheddar Cheese	31) Turkey & Swiss Cheese on Wheat Lettuce & Tomato Copper Pennies Pineapple Tidbits Fortified Juice		

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