

January 2026 **HOT MEALS-** Meals on Wheels of Central Maryland



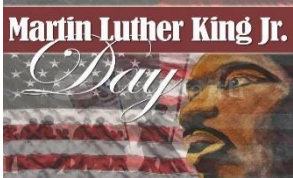


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| |  | | 1) Offices Closed  | 2) Beef Chili w/ Beans Brown Rice Mixed Vegetables Saltine Crackers Fresh Fruit Milk |
| 5) Beef Meatballs w/ Marinara Sauce Buttered Rotini California Vegetable Blend Green Beans Italian Bread Tropical Fruit & Milk | 6) Coconut Curry Chicken Herbed Brown Rice Cauliflower WW Bread Fresh Fruit Milk | 7) Pork Loin w/ Brown Gravy Maple Baked Beans Broccoli WW Bread Fresh Fruit Milk <i>PFS-Salisbury Beef</i> | 8) Turkey w/ Gravy Garlic Mashed Potatoes Honey Ginger Carrots WG Roll Fresh Fruit Milk | 9) Veggie Burger on WG Bun Mixed Vegetables Brussels Sprouts Applesauce Milk |
| 12) Creamy Pesto Chicken Brown Rice Herbed Green Peas Cauliflower Italian Bread Applesauce & Milk | 13) Beef Hot Dog on Bun Lemon pepper Green Beans Peach Crisp Coleslaw Milk | 14) BBQ Chicken Drumsticks Yams Broccoli Wheat Roll Fresh Fruit & Milk | 15) Macaroni & Cheese Okra & Tomatoes Collard Greens WG Roll Mixed Fruit Milk | 16) Roast Beef & Brown Gravy Garlic Mashed Potatoes California Vegetable Blend Wheat Bread Fresh Fruit & Milk |
| 19) <i>Offices Closed</i>  | 20) Cranberry Orange Chicken Brown Rice Garden Vegetable Blend Herbed Green Beans Wheat Roll Mixed Fruit Milk | 21) Turkey w/ Dijon Herb Sauce Rice Pilaf California Blend WW Bread Mixed Green Salad Fresh Fruit Milk | 22) Pineapple Glazed Ham Macaroni & Cheese Garden Vegetable Blend Texas Bread Fresh Fruit Milk <i>PFS-Pineapple Glazed Chicken</i> | 23) Potato Crusted Pollock Braised Lentils Broccoli & Cauliflower Italian Bread Fresh Fruit Milk <i>PFS-Swiss Steak</i> |
| 26) Turkey & Gravy Mashed Spiced Yams Cabbage & Carrots Wheat Roll Fresh Fruit & Milk | 27) Pulled Pork BBQ on Bun Maple Baked Beans Brussels Sprouts Coleslaw Pineapple & Milk <i>PFS-BBQ Chicken</i> | 28) Creamy Marsala Chicken Buttered Penne Mixed Vegetables Broccoli Italian Bread Mixed Fruit & Milk | 29) Roast Beef w/ Au Jus Scalloped Potatoes Glazed Carrots WW Bread Fresh Fruit Milk | 30) Southwest Pasta Herbed Green Beans Garlic Parmesan Cauliflower WG Roll Pears & Milk |

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

January 2026 **COLD MEALS-** Meals on Wheels of Central Maryland



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| |  | | 1) 1) Offices Closed  | 2) Egg Salad on Kaiser Bun Green Bean Salad Applesauce Fortified Juice |
| 5) Chicken Salad w/ WG Roll Carrot Raisin Salad Diced Peaches Fortified Juice | 6) Turkey w/ Provolone Cheese on Kaiser Bun Lettuce & Tomato Rice Salad Applesauce Fortified Juice | 7) Egg Salad on WW Bread Country Tomato Salad Apple Slaw Fortified Juice | 8) Ham & American Cheese on WW Bread Lettuce & Tomato Mandarin Beets w/ Citrus Dressing Fortified Juice <i>PFS-Roast Beef</i> | 9) Turkey Chef Salad Chickpea Salad Fresh Fruit Fortified Juice |
| 12) Grilled Chicken Breast on WW Bun WG Penne Pasta Salad Fresh Fruit Fortified Juice | 13) Tuna Salad on WG Roll Pasta Salad Tropical Fruit Fortified Juice <i>PFS-Egg Salad</i> | 14) Ham & Muenster Cheese on WW Bread Lettuce & Tomato Kidney Bean Salad Mandarin Oranges Fortified Juice <i>PFS-Roast Beef</i> | 15) Turkey & American Cheese on WW Bread Lettuce & Tomato Carrot Raisin Salad Tropical Fruit Fortified Juice | 16) Chicken Caesar Salad Mediterranean Lentil Salad WG Roll Fresh Fruit Fortified Juice |
| 19) Offices Closed  | 20) Tuna Salad on WG Roll Carrot Sticks Pineapple Fortified Juice <i>PFS- Turkey Salad</i> | 21) Roast Beef & American Cheese Lettuce & Tomato Chickpea Salad WW Bread Applesauce Fortified Juice | 22) Greek Chicken Salad Pasta Salad Wheat Roll Pears Fortified Juice | 23) Turkey & American Cheese on WW Bread Lettuce & Tomato Cole Slaw Fresh Fruit Fortified Juice |
| 26) Egg Salad on Kaiser Bun Pasta Salad Applesauce Fortified Juice | 27) Chicken Caesar Salad Italian Cucumber Salad Tropical Fruit WG Roll Fortified Juice | 28) Roast Beef & Swiss Cheese on WW Bread Lettuce & Tomato Kidney Bean Salad Fresh Fruit Fortified Juice | 29) Chicken Pasta Salad Carrot Raisin Salad WG Roll Diced Peaches Fortified Juice | 30) Turkey & American Cheese on Wheat Bread Lettuce & Tomato Cucumber Tomato Salad Fresh Fruit Fortified Juice |