




February 2026 HOT MEALS-



Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Santa Fe Beef Chili Brown Rice Broccoli/Cauliflower Cornbread Muffin Fresh Fruit Milk	3) Breaded Chicken Patty on Kaiser Roll Lettuce & Tomato Tuscany Vegetable Blend Cabbage Applesauce Milk	4) Beef Tamale Stew Spanish Rice Diced Beets Garlic Brussels Sprouts Flour Tortilla Mixed Fruit Milk	5) Turkey Supreme Parslied Carrots Garlic parmesan Cauliflower WG Roll Pears Milk	6) Cheese Ravioli w/ Marinara Sauce Braised Lentils Herbed Green Beans WG Garlic Breadstick Fresh Fruit Milk
9) Pork Loin w/ Country Gravy Mashed Potatoes Herbed Green Beans Fresh Fruit Milk <i>PFS-Turkey w/ Country Gravy</i>	10) Buttered Penne Pasta w/ Meat Sauce Capri Vegetable Blend Broccoli WG Garlic Breadstick Pears Milk 	11) Beef Taco w/ Flour Tortilla Mexican Rice Black Beans Fresh Fruit Milk	12) Creamy Turkey Stew Cauliflower Diced Beets WG Roll Applesauce Milk	13) <i>Valentine's Lunch</i> Stuffed Shells w/ Marinara Sauce Herbed Green Peas Garden Vegetable Blend WW Bread Mixed Fruit & Milk <i>Chocolate Brownie</i> 
16) <i>Offices Closed, Frozen Meals Delivered in Advance</i> 	17) Coconut Curry Chicken Herbed Brown Rice Cauliflower WW Bread Fresh Fruit Milk	18) Baked Pollack w/ Old Bay Cream Sauce Herbed Green Peas Garden Vegetable Blend WW Bread Mixed Fruit & Milk <i>PFS-Chicken w/ Old Bay Cream Sauce</i>	19) Turkey w/ Poultry Gravy Garlic mashed Potatoes Honey Ginger carrots WG Roll Fresh Fruit Milk	20) Veggie Burger on WG Bun Mixed Vegetables Brussels Sprouts Applesauce Milk
23) Creamy Pesto Chicken Breast Brown Rice Herbed Green Peas Cauliflower Italian Bread Applesauce & Milk	24) Beef Hot Dog on Bun Lemon Pepper Green Beans Peach Crisp Cole Slaw Milk	25) BBQ Chicken Drumsticks Yams Broccoli Wheat Roll Fresh Fruit Milk	26) Macaroni & Cheese Okra & Tomatoes Collard Greens WG Roll Mixed Fruit Milk	27) Roast Beef & Gravy Garlic Mashed Potatoes California Vegetable Blend Wheat bread Fresh Fruit Milk



February 2026 COLD MEALS-

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Curry Chicken Salad w/ WG Roll Pineapple Feta Cranberry Chickpea Salad Saltine Crackers Fortified Juice	3) Tuna Salad on Kaiser Bun Apple Slaw Fresh Fruit Fortified Juice <i>PFS- Egg Salad</i>	4) Ham & American Cheese on WW Bread Citrus Carrot Salad Tropical Fruit Fortified Juice <i>PFS-Turkey</i>	5) Roast Beef & Cheddar Cheese on WW Bread Lettuce & Tomato Mediterranean Lentil Salad Peaches Fortified Juice	6) Asian Chicken Salad w/ Texas Bead Pasta Salad Fresh Fruit Fortified Juice 
9) Ham & Muenster Cheese on WW Bread Lettuce & Tomato Pasta Salad Mandarin Oranges & Pineapple Fortified Juice <i>PFS-Roast Beef</i>	10) Egg Salad on Kaiser Bun Mandarin Oranges w/ Citrus Dressing Applesauce Fortified Juice	11) Ginger Sesame Chicken w/ Soba Noodles Tomato Basil Salad Diced Peaches WG Roll Fortified Juice	12) Tuna Salad w/ WG Roll Black Bean & Corn Salad Fresh Fruit Fortified Juice <i>PFS-Turkey Salad</i>	13) Turkey w/ American Cheese on WW Bread Lettuce & Tomato Carrot Raisin Salad Fresh Fruit Fortified Juice
16) <i>Offices Closed, Frozen Meals Delivered in Advance</i> 	17) Turkey w/ Provolone Cheese on Kaiser Bun Lettuce & Tomato Rice Salad Applesauce Fortified Juice	18) Egg Salad on WW Bread Country Tomato Salad Apple Slaw Fortified Juice	19) Ham & American Cheese on WW Bread Lettuce & Tomato Mandarin Beets w/ Citrus Dressing Fresh Fruit Fortified Juice <i>PFS-Roast Beef</i>	20) Veggie Burger on WG Bun Mixed Vegetables Brussels Sprouts Applesauce Fortified Juice
23) Grilled Chicken Breast on WW Bun WG Penne Pasta Salad Fresh Fruit Fortified Juice	24) Tuna Salad w/ Multi-grain Roll Pasta Salad Tropical Fruit Salad Fortified Juice <i>PFS-Egg Salad</i>	25) Ham & Muenster Cheese on WW Bread Lettuce & Tomato Kidney Bean Salad Mandarin Oranges Fortified Juice <i>PFS-Roast Beef</i>	26) Turkey & American Cheese on WW Bread Lettuce & Tomato Carrot Raisin Salad Tropical Fruit Fortified Juice	27) Chicken Caesar Salad Mediterranean Lentil Salad WG Roll Fresh Fruit Fortified Juice

