

**APRIL 2026**

**HOT MEALS**

*Meals on Wheels of Central Maryland*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Pork Loin w Brown Gravy Maple Baked Beans Broccoli WW Bread Fresh Fruit Milk <i>PFS-Salisbury Beef w/ Gravy</i>	2) Turkey w/ Gravy Garlic Mashed Potatoes Honey Ginger Carrots WG Roll Fresh Fruit Milk	3) Veggie Burger on WG Hamburger Bun Mixed Vegetables Brussels Sprouts Cinnamon Applesauce Milk
6) <i>Easter Special</i> Ham w/ Pineapple Glaze Scalloped Potatoes Pacific Vegetable Blend WG Roll Mixed Green Salad Fresh Fruit & Milk Oatmeal Cookie <i>PFS Baked Chicken</i>	7) Chicken Breast w/ Creamy Pesto Chicken Brown Rice Herbed Green Peas Cauliflower Italian Bread Applesauce & Milk	8) Beef Hot Dog on Bun Lemon Pepper Green Beans Peach Crisp Coleslaw Milk	9) Pork Loin w Brown Gravy Maple Baked Beans Broccoli WW Bread Fresh Fruit Milk  <i>PFS-Salisbury Beef w/            Gravy</i>	10) Macaroni & Cheese Okra & Tomatoes Collard Greens WG Roll Mixed Fruit Milk
13) Cheeseburger on Bun Cauliflower Diced Beets Pears Milk	14) Beef And Cabbage Casserole Glazed Carrots Mixed Vegetables WG Roll Cinnamon Applesauce Milk	15) Chicken Drumsticks w/ Asian BBQ Sauce Brown Turmeric Rice Broccoli Japanese Vegetable Blend Wheat Roll Mixed Fruit & Milk	16) Creamy Paprika Chicken Black-eyed Peas California Vegetable Blend WW Bread Fresh Fruit Milk	17) Ham w/ Pineapple Glaze Macaroni & Cheese Garden Vegetable Blend Texas Bread Fresh Fruit & Milk  <i>PFS-Turkey</i>
20) Soy & Ginger Diced Chicken Fried Rice Carrots Japanese Vegetable Blend WW Bread Tropical Fruit & Milk	21) Roast Beef w/ Au Jus Gravy Scalloped Potatoes Lemon Pepper Green Beans WW Bread Fresh Fruit & Milk	22) Potato Crusted Pollack Braised Lentils Broccoli & Cauliflower Italian Bread Fresh Fruit & Milk  <i>PFS-Swiss Steak</i>	23) Beef Chili w/ Beans Brown Rice Cabbage Capri Vegetable Blend Crackers Applesauce & Milk	24) Chicken w/ Alfredo Sauce Broccoli Peach Crisp Dinner Roll Italian Cucumber Salad Milk
27) Turkey & Gravy Garlic Mashed Potatoes Honey Ginger Carrots WG Roll Fresh Fruit Milk	28) BBQ Pulled Pork on Bun Maple Baked Beans Brussels Sprouts Coleslaw Pineapple Tidbits Milk	29) Breaded Chicken Patty on Kaiser Bun Lettuce & Tomato California Vegetable Blend Harvard Beets Cinnamon Applesauce & Milk	30) Beef Taco w/ Flour Tortilla Mexican Rice Creamy Mexican Corn Fiesta Vegetable Blend Fresh Fruit Milk	

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# April 2026 COLD MEALS *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Egg Salad on WW Bread Country Tomato Salad Apple Slaw Fortified Juice	2) Ham & American Cheese on WW Bread Lettuce & Tomato Mandarin Citrus Beets Fresh Fruit Fortified Juice  <i>PFS- Roast Beef</i>	3) Turkey Chef Salad w/ Dressing Chickpea Salad WW Bread Fresh Fruit Fortified Juice
6) Egg Salad w/ Naan Bread California Vegetable Blend Applesauce Fortified Juice	7) Turkey Salad on Wheat Lettuce & Tomato Carrot Slaw Pineapple Fortified Juice	8) Roast Beef & American Cheese on Wheat Lettuce & Tomato Mediterranean Lentil Salad Wheat Bread Fresh Fruit Fortified Juice	9) Chicken Chef Salad w/ Dressing Cucumber Salad w/ Creole Dressing Mandarin Oranges & Pineapple WG Roll Fortified Juice	10) Tuna Salad on Wheat Onions & Pickles Copper Pennies Fresh Fruit Fortified Juice  <i>PFS-Egg Salad</i>
13) Curry Chicken Salad on Wheat Onions & Pickles Carrot Raisin Salad Tropical Fruit Fortified Juice	14) Ham & Muenster Cheese on Wheat Apple Slaw Pineapple Fortified Juice  <i>PFS-Turkey</i>	15) Lemon Pepper Tuna Salad w/ Naan Bread Mandarin Beets w/ Citrus Dressing Mandarin Oranges & Pineapple Fortified Juice  <i>PFS-Egg Salad</i>	16) Roast Beef & Cheddar Cheese on Kaiser Bun Lettuce & Tomato Cucumber Tomato Salad Tropical Fruit Fortified Juice	17) Asian Chicken Salad w/ Dressing Three Bean Salad Texas Bread Fresh Fruit Fortified Juice
20) Egg Salad w/ WG Roll Honey Ginger Carrots Fortified Juice	21) Ham & Provolone Cheese Lettuce & Tomato Black-eyed Pea Salad Applesauce Fortified Juice <i>PFS-Roast Beef</i>	22) Greek Chicken Salad w/ Dressing Venetian Pasta Salad WG Roll Fresh Fruit Fortified Juice	23) Tarragon Tuna Salad on Wheat Lettuce & Tomato Italian Cucumber Salad Tropical Fruit Fortified Juice <i>PFS-Egg Salad</i>	24) Turkey & American Cheese Lettuce & Tomato Seasoned Kidney Beans Fresh Fruit Fortified Juice
27) Chicken Salad w/ Naan Bread Cucumber Tomato Salad Mandarin Oranges & Pineapple Fortified Juice	28) Turkey & Provolone Cheese on Wheat Onions & Pickles Carrot Raisin Salad Cinnamon Applesauce Fortified Juice	29) Egg Salad on Wheat Lettuce & Tomato Italina Cucumber Salad Apple Slaw Fortified Juice	30) Ham & Swiss Cheese on Kaiser Bun Lettuce & Tomato Mixed Vegetable Salad Pineapple Fortified Juice  <i>PFS-Roast Beef</i>	

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