









May 2026 HOT MEALS *Meals on Wheels of Central Maryland*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Roast Beef w/ Gravy Mashed Potatoes Grilled Vegetables White Bread Apple Apple Juice
4) BBQ Chicken Brown Rice Pilaf Prince Edward Vegetables White Bread Banana Orange Juice	5) Baked Fish Quinoa Green Beans WW Bread Applesauce Tomato Juice	6) Hamburger on Bun O'Brien Potatoes Mixed Veggies Orange Prune Juice	7) Pulled Chicken on Bun Cajun Rice Oven Roasted Carrots Peaches Orange Juice	8) Stuffed Pepper Sweet Noodle Kugel Broccoli Challah Apple Juice
11) Chicken Bites Kasha & Bowties Zucchini & Squash WW Bread Clementine Orange Juice	12) Turkey Chili Cornbread # Bean Salad White Bread Fruit Cup Tomato Juice	13) Breaded Fish WG Couscous Roasted Sweet Potatoes White Bread Apple Apple Juice	14) Salisbury Steak Baked Beans Peas & Carrots Challah Bread Pudding Orange Juice	15) Oven Baked Chicken Farfel Curried Cauliflower WW Bread Pears
18) Grilled Chicken Rice Green Beans White Bread Applesauce Orange Juice	19) Salmon Cake Mashed Potatoes Prince Edward Veggies Wheat Bread Orange Tomato Juice	20) Fried Chicken Brown Rice Pilaf Zucchini Blend White Bread Banana Prune Juice	21) Turkey Meat Sauce WW Ziti Noodles Sauteed Spinach Wheat Bread Peaches Orange Juice	22) <i>Closed in Observance of Shavuot</i> <i>Frozen Meals will be delivered in advance</i>
25) <i>Memorial Day – Offices Closed</i> 	26) Pulled BBQ Chicken on Bun Farfel Grilled Vegetables Apple Tomato Juice	27) Turkey w/ Gravy Cornbread Zucchini & Squash Wheat Bread Clementine Apple Juice	28) Stuffed Pepper Quinoa Garlic Green Beans White Bread Pears Orange Juice	29) Honey Chicken Kashe & Bowties Dill Carrots Challah Bread Pudding Apple Juice

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

May 2026 COLD MEALS

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Whitefish Salad Garden Salad Peaches Dinner Roll Prune Juice
4) Turkey Salad on WW Bread Red Cabbage Salad Fruit Cocktail Apple Juice	5) Sushi Salad Balsamic Tomato salad Pears Dinner Roll Cranberry Juice	6) Chicken Pasta Salad 3 Bean Salad Pineapple WW Bread Orange Juice	7) Natural Turkey on Marble Rye Israel Salad Pears Tomato Juice	8) Whitefish Salad Pickled Beets Peaches Dinner Roll Prune Juice
11) Natural Turkey on marble Rye Creamy Cucumber Salad Pineapple Apple Juice	12) Egg Salad on Kaiser Roll Hearts of Palm Salad Pears Cranberry Juice	13) Tuna Salad on WW Bread Raisin Carrot Salad Fruit Cocktail Orange Juice	14) Chicken Pasta Salad Coleslaw Pears Marble Rye Bread Tomato Juice	15) Whitefish Salad Garden Salad Peaches Dinner Roll Prune Juice
18) Turkey Salad on WW Bread Red Cabbage Salad Fruit Cocktail Apple Juice	19) Sushi Salad Balsamic Tomato salad Pears Dinner Roll Cranberry Juice	20) Chicken Pasta Salad 3 Bean Salad Pineapple WW Bread Orange Juice	21) Natural Turkey on Marble Rye Israel Salad Pears Tomato Juice	22) <i>Closed in Observance of Shavuot</i> <i>Frozen Meals will be delivered in advance</i>
25) <i>Memorial Day – Offices Closed</i> 	26) Egg Salad on Kaiser Roll Hearts of Palm Salad Pears Cranberry Juice	27) Tuna Salad on WW Bread Raisin Carrot Salad Fruit Cocktail Orange Juice	28) Chicken Pasta Salad Coleslaw Pears Marble Rye Bread Tomato Juice	29) Whitefish Salad Garden Salad Peaches Dinner Roll Prune Juice

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