



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Beef Meatball Sub w/ Marinara Sauce Garden Vegetable Blend Green Beans Sub Roll Tropical Fruit Milk
4) Roast Beef w/ Horseradish Gravy Scalloped Potatoes California Vegetable Blend Wheat Bread Fresh Fruit Milk	5) Chicken Gumbo Buttered Rice Herbed Green Peas Carrots WG Roll Tropical Fruit Milk	6) Sloppy Joe on Hamburger Bun Garlic Brussels Sprouts Coleslaw Spiced Apples Milk	7) Salisbury Beef w/ Tomato Gravy Mashed Potatoes Mixed Vegetables WG Roll Fresh Fruit Milk	8) Chicken w/ Mojo Sauce Wild Rice Garden Vegetable Blend Herbed Green Beans Wheat Roll Mixed Fruit Milk
11) Mother's Day Special Dijon Herb Chicken Breast Garlic Mashed Potatoes Pacific Vegetable Blend WG Roll Garden Salad Mixed Fruit & Milk Chocolate Brownie	12) Parmesan Chicken w/ Buttered Penne Pasta Mixed Vegetables Garlic Parmesan Cauliflower Bread Stick Applesauce Milk	13) Turkey w/ Dill Sauce Garlic Brussels Sprouts WW Bread Mixed Green Salad Mandarin Oranges Milk	14) Pork Loin w/ Apricot Honey Sauce Herbed Green Beans Mashed Potatoes WG Roll Fresh Fruit Milk PFS-Turkey	15) Mango BBQ Chicken Drumsticks Brown Rice Ginger Carrots Cornbread Muffin Fresh Fruit Milk
18) Beef Meatballs w/ Marinara and Penne Pasta Broccoli Rosemary Carrots Wheat Bread Tropical Fruit Milk	19) Creamy Pesto Chicken Brown Rice Herbed Green Peas Cauliflower Italian Bread Applesauce Milk	20) Beef Hot Dog on Bun Lemon Pepper Green Beans Peach Crisp Coleslaw Milk	21) Pork Loin w/ Brown Gravy Maple Baked Beans Broccoli WW Bread Fresh Fruit Milk	22) Macaroni & Cheese Okra & Tomatoes Collard Greens WG Roll Mixed Fruit Milk
25) Memorial Day – Offices Closed 	26) Pulled Pork BBQ on WW Bun Baked Beans Collard Greens Apple Crisp & Milk PFS-Pulled BBQ Chicken	27) Asian BBQ Chicken Drumsticks Brown Turmeric Rice Broccoli Japanese Vegetable Blend Wheat Roll Mixed Fruit & Milk	28) Creamy Paprika Chicken Black-eyed Peas Californian Vegetable Blend WW Bread Fresh Fruit Milk	29) Ham w/ Pineapple Glaze Macaroni & Cheese Garden Vegetable Blend Texas Bread Fresh Fruit & Milk PFS-Turkey w/ Pineapple Glaze

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) Turkey Pasta Salad Chickpea Salad Diced Peaches Wheat Roll Fortified Juice
4) Old Bay Tuna Salad on Wheat Bread Pickles & Onions Coleslaw Mandarin Oranges & Pineapple Fortified Juice PFS-Egg Salad	5) Chicken Breast on WW Bun w/ Lettuce, Tomato & Mayonnaise Pasta Salad Applesauce Fortified Juice	6) Ham & Muenster Cheese on Wheat Lettuce & Tomato Cucumber Tomato Salad Pineapple Fortified Juice PFS-Roast Beef	7) Turkey & Provolone Cheese on Wheat Bread Lettuce & Tomato Carrot Raisin Salad Tropical Fruit Fortified Juice	8) Chicken Caesar Salad Mediterranean Lentil Salad WG Roll Fresh Fruit Fortified Juice
11) Chicken Salad w/ WG Roll Beet Salad Mandrin Orange & Pineapple Fortified Juice	12) Tuna Salad on Wheat Bread Lettuce & Tomato Lemon Dijon Carrot Salad Pineapple Fortified Juice	13) Roast Beef & American Cheese on Kaiser Bun Lettuce & Tomato Broccoli Raisin Salad Tropical Fruit Fortified Juice	14) Sesame Chicken Salad Chickpea Salad WG Roll Fresh Fruit Fortified Juice	15) Turkey and Muenster Cheese on Kaiser Bun Pickles & Onions Coleslaw Applesauce Fortified Juice
18) Egg Salad on Naam Bread California Vegetable Salad Applesauce Fortified Juice	19) Turkey Salad on Wheat Bread Lettuce & Tomato Carrot Slaw Pineapple Fortified Juice	20) Roast Beef & American Cheese on Wheat bread Lettuce & Tomato Mediterranean Lentil Salad Fresh Fruit Fortified Juice	21) Chicken Chef Salad Cucumber Salad w/ Creole Dressing Mandarin Oranges & Pineapple WG Roll Fortified Juice	22) Tuna Salad on Wheat Bread Pickels & Onions Copper Pennies Fresh Fruit Fortified Juice PFS- Egg Salad
25) Memorial Day – Offices Closed 	26) Ham & Muenster Cheese on Wheat bread Lettuce & Tomato Apple Slaw Pineapple Fortified Juice PFS- Egg Salad	27) Lemon Pepper Tuna Salad Mandarin Beets w/Citrus Dressing Mandarin Oranges & Pineapple Naan Bread Fortified Juice PFS- Egg Salad	28) Roast Beef & Cheddar Cheese on Kaiser Lettuce & Tomato Cucumber Tomato salad Tropical Fruit Fortified Juice	29) Asia Chicken Salad Three Bean Salad Texas Bread Fresh Fruit Fortified Juice

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