

**Know a Friend or Family member that needs Home Delivered Meals? Help is a phone call away-
410-558-0923**

September 2026 HOT MEALS- Meals on Wheels of Central Maryland

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1) Turkey w/ Apple Glaze Cheese Potatoes Broccoli Wheat Bread Fresh Fruit & Milk	2) Rotini Pasta w/ Ground Beef & Turkey Bolognese Sauce Herbed Green Beans Mixed Vegetables Bread Stick Peaches & Milk	3) Cheeseburger on Bun Lettuce, Tomato, & Onion Baked Beans Herb Potato Salad Pear Crisp & Milk	4) Caribbean Glazed Chicken Cilantro Lime Rice Spring Vegetable Blend WG Roll Cucumber Onion Salad Applesauce & Milk
7) Labor Day Offices Closed 	8 BBQ Pork Ribette on Bun Baked Beans Vegetable Medley Casserole Fresh Fruit & Milk <i>PFS-BBQ Beef Meatballs</i>	9) Chicken Drumsticks w/ BBQ Sauce w/ Bun Summer vegetable Blend Brussels Sprouts Herb Potato Salad Mandarin Oranges & Milk	10) Turkey & Gravy Scalloped Potatoes Glazed carrots Cucumber Salad WW Roll Applesauce & Milk	11) Beef Hot Dog on Bun Summer Vegetable Blend Garlic Brussels Sprouts Pears & Milk
14) Cheese Omelet Turkey Sausage Links WG Pancakes Fresh Fruit Fortified Orange Juice	15) Chicken Drumsticks w/ BBQ Mustard Sauce Black-eyed Peas Cabbage & Carrots Cornbread Muffin Fresh Fruit Milk	16) Teriyaki Beef Meatballs Brown Rice Mixed Vegetables Carrots Wheat Bread Tropical Fruit Milk	17) Chicken Cacciatore Buttered Penne Italian Vegetable Blend Broccoli Wheat Bread Applesauce Milk	18) Sweet & Sour Chicken Baked Beans Succotash Wheat Bread Mixed Fruit & Milk
21) Beef Taco w/ Corn Tortilla Mexican Rice Black Beans Fiesta Vegetable Blend Fresh Fruit & Milk	22) Chicken Alfredo w/ Egg Noodles Broccoli WG Roll Fresh Fruit Milk	23) Pork Loin w/ Brown Gravy Mashed Potatoes Glazed Carrots Mixed Vegetables Wheat Bread Applesauce & Milk <i>PFS-Turkey & Gravy</i>	24) Turkey w/ Dijon Herb Sauce Galic Mashed Potatoes Green Beans/Carrots/Corn Cauliflower Wheat Bread Mandarin Oranges & Milk	25) Turkey Burger w/ American Cheese WG Bun Garlic Parmesan Broccoli Garden Vegetable Blend Applesauce Milk
28) Chicken Breast w/ Ancho Chili Lime Sauce Yellow Rice Green Peas Garden Vegetable Blend Wheat Bread Applesauce & Milk	29) Beef Sloppy Joe on Bun Garlic Parm Cauliflower Mixed Vegetables Mixed Fruit Milk	30) Turkey w/ Poultry Gravy Mashed Potatoes Spring Vegetable Mix Lemon Pepper Green Beans Pears & Milk		

September 2026 COLD MEALS-

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Roast Beef & American Cheese on Wheat Bread Lettuce & Tomato Cucumber Tomato Salad Applesauce Fortified Juice	2) Greek Chicken Salad Saltine Crackers Pasta Salad Fruit Cocktail Fortified Juice	3) Turkey & American Cheese on Wheat Bread Lettuce, Tomato, & Onion Lemon Dijon Carrot Salad Fresh Fruit Fortified Juice	4) Chicken Caesar Salad Black-eyed Pea Salad Fresh Fruit Fortified Juice
7) Labor Day Offices Closed 	8) Hard Boiled Eggs Italian Cucumber Salad WG Roll Applesauce Fortified Juice	9) Honey Mustard Chicken Salad Mixed Vegetable Salad Wheat Bread Pineapple Tidbits Fortified Juice	10) Ham & Swiss Cheese on Multi-Grain Bread Lettuce & Tomato Pasta Salad Fresh Fruit Fortified Juice <i>PFS- Roast Beef</i>	11) Old Bay Tuna Salad on Wheat Bread Citrus Carrot Salad Tropical Fruit Fortified Juice <i>PFS-Egg Salad</i>
14) Turkey Cranberry Salad on Wheat Bread Broccoli Raisin Salad Pears Fortified Juice	15) Roast Beef w/ Cheddar Cheese on Bun Lettuce & Tomato Apple Slaw Pineapple Tidbits Fortified Juice	16) Dill Chicken Salad on Bun Italian Cucumber Salad Applesauce Fortified Juice	17) Turkey w/ American Cheese on Wheat Bread Lettuce & Tomato Lemon Dijon Carrot Salad Fruit Cocktail Fortified Juice	18) Garden Salad w/ Chicken Pasta Salad Fresh Fruit Saltine Crackers Fortified Juice
21) Turkey w/ American Cheese on Wheat Bread Pickles Broccoli Raisin Salad Pears Fortified Juice	22) Ham & Swiss on Wheat Bread Lettuce & Tomato Citrus Carrot Salad Peaches Fortified Juice <i>PFS-Turkey & Swiss</i>	23) Zesty Baja Chicken Salad Pineapple Slaw Tropical Fruit Multi Grain Bread Fortified Juice	24) Greek Chicken Salad White Bean Salad w/ Black Olives Saltine Crackers Fresh Fruit Fortified Juice	25) Lemon Pepper Tuna Salad on Wheat Pasta Salad Fresh Fruit Fortified Juice <i>PFS-Chicken Salad</i>
28) Chicken Salad on Multi-Grain Bread Pasta Salad Fresh Fruit Fortified Juice	29) Turkey & American Cheese on Multi-Grain Bread Lettuce & Tomato Honey Lime Corn Salad Fresh Fruit Fortified Juice	30) Tuna Salad on Wheat Bread Citrus Carrot Salad Applesauce Fortified Juice <i>PFS-Egg Salad</i>		

Client Engagement 410-558-0923

Menu items subject to Change- We Cannot accommodate Most Food Allergies