

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

October 2026 **HOT MEALS**

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
5) Cilantro Lime Chicken Corn O'Brien Fiesta Vegetable Blend Flour Tortilla Fresh Fruit Milk	6) Roast Beef w/ Horseradish Sauce Scalloped Potatoes Herbed Green Beans Wheat Bread Cucumber Onion Salad Mixed Fruit & Milk	7) BBQ Pork Ribette on Bun Baked Beans California Vegetable Blend Fresh Fruit Milk <i>PFS-Hamburger</i>	1) Fish Cakes w/ Tartar Sauce Northern Beans Broccoli Wheat Bread Fresh Fruit & Milk <i>PFS--Creole Steak</i>	2) Roast Beef w/ Gravy Mashed Potatoes Glazed Carrots WG Roll Fresh Fruit Milk
12) Potato Crusted Pollack Macaroni & Cheese Mixed Vegetables WG Roll Fresh Fruit Milk <i>PFS-Honey Mustard Chicken</i>	13) Chicken Drumsticks w/ Apple BBQ Sauce Black Beans Broccoli/Cauliflower WW Bread Italian Cucumber Salad Mixed Fruit & Milk	14) Beef Ziti Bake California Vegetable Blend Green Beans Bread Stick Pears Milk	8) Swedish Meatballs w/ Bow Tie Pasta Creamed Spinach Carrots Wheat Bread Cinnamon Applesauce Milk	9) Chicken Chili w/ Brown Rice Mixed Vegetables Saltine Crackers Fresh Fruit Milk
19) Turkey w/ Apricot Honey Sauce Braised Lentils Herbed Green Beans Cornbread Muffins Fresh Fruit & Milk	20) Beef Pot Roast w/ Onion Gravy Mashed Potatoes Parslied Carrots Wheat Bread Fresh Fruit & Milk	21) Chicken w/ Cider Mustard Glaze Spiced Yams Garlic Parmesan Cauliflower Wheat Bread Cucumber Salad Peaches & Milk	15) Turkey w/ Cranberry Orange Sauce Stuffing Broccoli WG Roll Fresh Fruit Milk <i>PFS-Roast Beef w/ Gravy</i>	16) Creamy Marsala Chicken Brown Rice Diced Beets Rosemary Carrots WW Bread Applesauce Milk
26) Meatloaf w/ Onion Gravy Mashed Potatoes Pacific Vegetable Blend WW Bread Fresh Fruit Milk	27) Ham w/ Dill Sauce Macaroni & Cheese Broccoli & Cauliflower WG Roll Cucumber Tomato Salad Mixed fruit & Milk <i>PFS-Turkey w/ Dill Sauce</i>	28) Cheeseburger on Bun Lettuce/Tomato/Pickle Maple Baked Beans Carrots Fresh Fruit & Milk	22) Pork Loin w/ Brown Gravy Mashed Potatoes Sauerkraut WG Roll Fresh Fruit & Milk <i>PFS-Roast Beef w/ Gravy</i>	23) Stuffed Pepper Casserole Mixed Vegetables Spinach Wheat Bread Applesauce Milk
			29) Parmesan Chicken Patty Penne Pasta w/ Marinara Sauce Brussels Sprouts Broccoli & Cauliflower Wheat bread Applesauce & Milk	30) Beef Hot Dog on Bun Sauerkraut Sauteed Peppers & Onions Coleslaw Peach Crips & Milk

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

October 2026 COLD MEALS

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Chef Salad Copper Pennies Wheat Bread Applesauce Fresh Fruit Fortified Juice	2) Tuna Macaroni Salad Green Bean Salad WG Roll Peaches Fortified Juice <i>PFS-Turkey Salad</i>
5) Cottage Cheese Broccoli Salad WG Blueberry Muffin Fortified Juice	6) Ham & Cheddar Cheese on Wheat Lettuce & Tomato Apple Slaw Fortified Juice <i>PFS- Turkey & Cheddar</i>	7) Krab Macaroni Salad Mediterranean Lentil Salad WG Roll Fresh Fruit Fortified Juice <i>PFS-Egg Salad</i>	8) Turkey w/ Swiss Cheese on Wheat Lettuce & Tomato Zesty Lemon Carrot Salad Pineapple Tidbits Fortified Juice	9) Egg Salad on Kaiser Roll Green Bean Salad Applesauce Fortified Juice
12) Dill Yogurt Chicken Salad on Wheat Mandarin Beets w/ Citrus Dressing Pineapple Tidbits Fortified Juice	13) Roast Beef w/ Cheddar Cheese Lettuce & Tomato Cucumber Onion Salad Peaches Fortified Juice	14) Tuna Salad on Wheat Broccoli Raisin Salad Tropical Fruit Fortified Juice <i>PFS-Egg Salad</i>	15) Chicken Pasta Salad Lemon Dijon Carrot Salad WG Roll Fortified Juice	16) Ham and Swiss on Rye Bread Lettuce & Tomato Feta, Cranberry & Chickpea Salad Fresh Fruit Fortified Juice <i>PFS-Turkey & Swiss</i>
19) Turkey & Swiss on Wheat Pickles Green Pea Salad Mandarin Oranges Fortified Juice	20) Asian Chicken Salad Pasta Salad Pineapple Tidbits WG Roll Fortified Juice	21) Ham & Cheddar Cheese on Wheat Lettuce & Tomato Citrus Carrot Salad Pears Fortified Juice <i>PFS-Turkey & Cheddar</i>	22) Egg Salad on Kaiser Roll Tomato Basil Salad Applesauce Fortified Juice	23) Turkey Salad on WW Bread Mediterranean Lentin Salad Fresh Fruit Fortified Juice
26) Old Bay Tuna Salad on Kaiser Roll Macaroni Salad Fresh Fruit Fortified Juice <i>PFS-Egg Salad</i>	27) Ham & American Cheese on WW Bread Lettuce & Tomato Mandarin Beets w/ Citrus Dressing Fresh Fruit Fortified Juice <i>PFS- Turkey & American Cheese</i>	28) Cottage Cheese Three Bean Salad WG Blueberry Muffin Tropical Fruit Fortified Juice	29) Turkey & Swiss on Wheat Lettuce & Tomato Carrot Raisin Salad Pineapple Tidbits Fortified Juice	30) Greek Chicken Salad Chickpea Salad Naan Bread Applesauce Fortified Juice

