

November 2026 HOT MEALS

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Turkey Meatballs w/ Chipotle Honey Sauce Parslied Rice Broccoli Key Largo Vegetable Blend WG Roll Mandarin Oranges Milk	3) Penne Pasta w/ Beef Meat Sauce Lemon Pepper Green Beans Garden Vegetable Blend Wheat Bread Applesauce Milk	4) Chicken Drumsticks w/ Pumpkin Seed Mole Sauce Braised Lentils Capri Vegetable Blend WW Bread Italian Cucumber Salad Mixed Fruit Milk	5) Turkey w/ Poultry Gravy Cornbread Dressing Rosemary Carrots WG Roll Fresh Fruit Milk	6) Baked Tilapia w/ Old Bay Cream Sauce Lemon Orzo Broccoli & Carrots Sautéed Mushrooms Wheat Bread Mandarin Oranges & Milk <i>PFS-Turkey w/ Old Bay Cream Sauce</i>
9) Salisbury Beef w/ Onion Gravy Whipped Potatoes Glazed Carrots WG Roll Fresh Fruit Milk	10) Korean BBQ Chicken Mixed Beans Tuscany Vegetable Blend WW Bread Cucumber Onion Salad Applesauce Milk	11) Pork Loin w/ Apple Chutney Whipped Potatoes Garlic Parmesan Cauliflower Wheat Bread Fresh Fruit Milk <i>PFS-Turkey w/ Apple Chutney</i>	12) Beef Hot Dog w/ Chili on Bun Brussels/ Corn, & Carrots Fresh Fruit Milk	13) Cranberry Dijon Chicken Herbed Brown Rice Mixed Vegetables Herbed Green Beans Wheat Bread Pears Milk
16) Cilantro Lime Chicken Corn O'Brien Fiesta Vegetable Blend Flour Tortilla Fresh Fruit Milk	17) Roast Beef w/ Horseradish Sauce Scalloped Potatoes Herbed Green Beans Wheat Bread Cucumber Onion Salad Mixed Fruit & Milk	18) Pork Ribette BBQ on Bun Baked Beans California Vegetable Blend Fresh Fruit Milk <i>PFS-Hamburger on Bun</i>	19) Swedish Meatballs w/ Bow Tie Pasta Creamed Spinach Carrots Wheat Bread Cinnamon Applesauce Milk	20) Chicken Chili w/ Brown Rice Mixed Vegetables Saltine Crackers Fresh Fruit Milk
23) Potato Crusted Pollack Macaroni & Cheese Mixed Vegetables WG Roll Fresh Fruit & Milk <i>PFS-Honey Mustard Chicken</i>	24) Chicken Drumsticks w/ Apple BBQ Sauce Black Beans Broccoli & Cauliflower WW Bread Italian Cucumber Salad Mixed Fruit Milk	25) <i>Thanksgiving Lunch Turkey w/ Gravy Stuffing Mashed Potatoes Herbed Green Beans WG Roll Cranberry Sauce Fresh Fruit & Milk Pumpkin Pie</i>	26) <i>Closed</i> 	27) <i>Closed</i> 
30) Turkey w/ Apricot Honey Sauce Braised Lentils Herbed Green Beans Cornbread Muffins Fresh Fruit & Milk				

Client Engagement 410-558-0923

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

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

November 2026 **COLD MEALS**

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Egg Salad on Kaiser Bun White Bean and Olives Fresh Fruit Fortified Juice	3) Chicken Caesar Salads Italian Cucumber Salad Fruit Cocktail WG Roll Fortified Juice	4) Roast Beef w/ American Cheese on Wheat Bread Lettuce & Tomato Lemon Dijon Carrot Salad Pears Fortified Juice	5) Turkey Salad on Kaiser Bun Green Pea Salad Pineapple Tidbits Fortified Juice	6) Chicken Pasta Salad Green Bean Salad WG Roll Peaches Fortified Juice
9) Ham w/ American Cheese on Wheat Bread Lettuce & Tomato Mandarin Beets w/ Citrus Dressing Tropical Fruit & Fortified Juice <i>PFS- Turkey w/ American Cheese</i>	10) Tuna Salad on Kaiser Bun Broccoli Raisin Salad Tropical Fruit Fortified Juice <i>PFS- Turkey Salad</i>	11) Turkey Chef Salad Black-eyed Pea Salad WG Roll Pears Fortified Juice	12) Turkey w/ Cheddar Cheese on Rye Bread Lettuce & Tomato Three Bean Salad Pineapple Tidbits Fortified Juice	13) Chicken Salad on Wheat Bread Carrot Raisin Salad Pineapple Tidbits Fortified Juice
16) Cottage Cheese Broccoli Salad WG Blueberry Muffin Fortified Juice	17) Ham & Cheddar Cheese on Wheat Lettuce & Tomato Apple Slaw Fortified Juice <i>PFS- Turkey & Cheddar</i>	18) Krab Macaroni Salad Mediterranean Lentil Salad WG Roll Fresh Fruit Fortified Juice <i>PFS-Egg Salad</i>	19) 5) Turkey w/ Swiss Cheese on Wheat Lettuce & Tomato Zesty Lemon Carrot Salad Pineapple Tidbits Fortified Juice	20) Egg Salad on Kaiser Roll Green Bean Salad Applesauce Fortified Juice
23) Dill Yogurt Chicken Salad on Wheat Mandarin Beets w/ Citrus Dressing Pineapple Tidbits Fortified Juice	24) Roast Beef w/ Cheddar Cheese Lettuce & Tomato Cucumber Onion Salad Peaches Fortified Juice	25) Tuna Salad on Wheat Broccoli Raisin Salad Tropical Fruit Fortified Juice <i>PFS-Egg Salad</i>	27) Closed 	28) Closed 
30) Turkey & Swiss on Wheat Green Pea Salad Mandarin Oranges Fortified Juice				

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