


April 2019 Frozen Meals

Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1) Swedish Meatballs Whole Grain Penne Sliced Carrots Wheat Bread w/Marg Cinnamon Applesauce Cranberry Juice Milk	2) Baked Chicken w/Country Captain Sauce Brown Rice Broccoli Wheat Bread w/Marg Pineapple Tidbits Apple Juice Milk	3) Hamburger Sliced Cheese Crispy Cubed Potatoes Harvard Beets Wheat Hamburger Bun Mayo & Ketchup Diced Peas Cranberry Juice & Milk	4) Baked Chicken w/Gravy Macaroni & Cheese Green Beans Wheat Bread w/Marg Tropical Fruit Grape Juice Milk	5) Swiss Steak w/Gravy Black Eyed Peas Okra & Stewed Tomatoes Dinner Roll w/Marg Diced Peaches Orange Juice Milk	6) Beef Chili w/Beans Corn Mixed Greens Saltine Crackers Diced Peas Orange Juice Milk	7) Fajita Chicken Mexican Rice Fiesta Vegetables Flour Tortillas Fruit Cocktail Cranberry Juice Milk
8) Pineapple Chicken Confetti Rice Garden Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk	9) Meatloaf w/Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Fruit Cocktail Cranberry Juice Milk	10) Parmesan Chicken Garlic Rotini Green Peas Italian Bread w/Marg Pineapple Tidbits Orange Juice Milk	11) Beef Hot Dog w/Sauerkraut Ranch Beans Wheat Hot Dog Bun Ketchup & Mustard Tropical Fruit Cranberry Juice Milk	12) Veggie Burger Macaroni & Cheese Glazed Baby Carrots Wheat Hamburger Bun Mayo & Ketchup Diced Peas Orange Juice Milk	13) Beef Patty w/Country Gravy Lima Beans California Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk	14) Chicken w/Alfredo Sauce Penne Pasta Italian Vegetables Tropical Fruit Grape Juice Milk
15) Baked Chicken w/Country Gravy Mashed Spiced Yams Broccoli Biscuit w/Marg Diced Peaches Apple Juice Milk	16) BBQ Beef Riblet Baked Beans Collard Greens Wheat Hamburger Bun Tropical Fruit Cranberry Juice Milk	17) Southwest Chicken Spanish Rice Mexicali Vegetables Wheat Bread w/Marg Mandarin Oranges Grape Juice Milk	18) Salisbury Steak w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Diced Peas Orange Juice Milk	19) Cheese Lasagna Roll Up w/Marinara Sauce Corn Green Peas Italian Bread w/Marg Tropical Fruit Apple Juice Milk	20) Turkey Meatballs w/Sweet & Sour Sauce Brown Rice Sliced Carrots Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk	21) Hamburger Crispy Cubed Potatoes Mixed Vegetables Wheat Hamburger Bun w/Mayo Fruit Cocktail Cranberry Juice Milk
22) Beef Santa Fe Chili Brown Rice Spinach Saltine Crackers Diced Peas Cranberry Juice Milk	23) Sliced Turkey w/Gravy Lima Beans Sliced Carrots Biscuit w/Marg Mandarin Oranges Apple Juice Milk	24) Cabbage Roll w/Marinara Sauce Whipped Potatoes Green Beans Wheat Bread w/Marg Cinnamon Applesauce Orange Juice Milk	25) Creamy Tikka Chicken Yellow Rice Mixed Vegetables Naan Bread w/Marg Pineapple Tidbits Cranberry Juice Milk	26) Hamburger Crispy Cubed Potatoes Green Peas Wheat Hamburger Bun Mayo & Ketchup Spiced Apples Orange Juice Milk	27) Salisbury Steak w/Gravy Scalloped Potatoes Green Beans Wheat Bread w/Marg Diced Peaches Cranberry Juice Milk	28) Baked Chicken w/Cacciatore Sauce Whole Grain Rotini Broccoli Italian Bread w/Marg Fruit Cocktail Orange Juice Milk
29) Baked Chicken w/Pineapple Glaze Au Gratin Potatoes Green Peas Dinner Roll w/Marg Diced Peaches Cranberry Juice Milk	30) Salisbury Steak w/Gravy Diced Rosemary Potatoes Glazed Carrots Wheat Bread w/Marg Fruit Cocktail Orange Juice Milk					

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1) Hawaiian Chicken Au Gratin Potatoes Green Beans Wheat Bread w/Marg Mandarin Oranges Fortified Juice	2) Meatloaf w/Gravy Whipped Potatoes Glazed Carrots Wheat Bread w/Marg Pineapple Tidbits Fortified Juice	3) Creamy Turkey Stew Corn Spinach Biscuit w/Marg Tropical Fruit Fortified Juice	4) Beef w/Pepper & Onion Gravy Black Eyed Peas Mixed Greens Wheat Roll w/Marg Diced Pears Fortified Juice	5) Sliced Turkey w/Cranberry Orange Sauce Buttermilk Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Peaches Fortified Juice		
8) Beef w/Pepper Gravy Whole Grain Penne Mixed Vegetables Pineapple Tidbits Fortified Juice	9) Sliced Turkey w/Gravy Cut Yams Green Beans Wheat Bread w/Marg Sliced Pears Fortified Juice	10) Fajita Chicken Corn Casserole Fiesta Vegetables Flour Tortilla Mandarin Oranges Fortified Juice	11) Creamy Paprika Chicken Wild Rice Sliced Carrots Wheat Bread w/Marg Strawberry Applesauce Fortified Juice	12) Swiss Steak Black Eyed Peas Broccoli Dinner Roll w/Marg Diced Peaches Fortified Juice		
15) Beef Hot Dog Baked Beans Country Vegetables Wheat Hot Dog Bun Ketchup & Mustard Pineapple Tidbits Fortified Juice	16) Swedish Turkey Meatballs Whole Grain Penne Mixed Vegetables Wheat Bread w/Marg Tropical Fruit Fortified Juice	17) Creole Steak Scalloped Potatoes Glazed Carrots Dinner Roll w/Marg Pineapple Tidbits Fortified Juice	18) Honey Mustard Chicken Confetti Rice Broccoli Wheat Roll w/Marg Diced Peaches Fortified Juice	19) Beef Patty w/Country Gravy Lima Beans California Vegetables Wheat Bread w/Marg Mandarin Oranges Fortified Juice		
22) Honey Baked Chicken Mashed Spiced Yams Broccoli Wheat Bread w/Marg Diced Peaches Fortified Juice	23) Sweet & Sour Meatballs Garden Medley Rice Japanese Vegetables Dinner Rolls w/Marg Fortified Juice	24) Sliced Turkey w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Fruit Cocktail Fortified Juice	25) Beef Chili w/Beans Corn Mixed Greens Saltine Crackers Diced Pears Fortified Juice	26) Bourbon Style Chicken Baked Beans Garden Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice		
29) Baked Chicken w/Gravy Macaroni & Cheese Broccoli Wheat Roll w/Marg Mixed Fruit Fortified Juice	30) Baked Chicken Breast w/Maple Mustard Sauce Rice Pilaf Green Peas Wheat Bread w/Marg Cinnamon Applesauce Fortified Juice					

TO CANCEL A MEAL, SHARE A CONCERN, OR ASK A QUESTION CALL YOUR REGIONAL OFFICE.
ALL MEAL CANCELLATIONS MUST BE IN NO LATER THAN 11:00 A.M. THE DAY PRIOR
MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE

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