




April 2019 HOT MEALS-Home Delivered Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1) Pineapple Chicken Confetti Rice Garden Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk</p>	<p>2) Meatloaf w/Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Fresh Fruit Cranberry Juice Milk</p>	<p>3) Parmesan Chicken Garlic Rotini Green Peas Italian Bread w/Marg Pineapple Tidbits Orange Juice Milk</p>	<p>4) Beef Hot Dog Sauerkraut Ranch Beans Wheat Hot Dog Bun Mustard & Ketchup Fresh Fruit Cranberry Juice Milk</p>	<p>5) Veggie Burger Macaroni & Cheese Glazed Baby Carrots Wheat Hamburger Bun Ketchup & Mayo Diced Pears Orange Juice Milk</p>
<p>8) Baked Chicken w/Country Gravy Mashed Spiced Yams Broccoli Biscuit w/Marg Diced Peaches Apple Juice Milk</p>	<p>9) BBQ Pork Riblet Baked Beans Collard Greens Wheat Hamburger Bun Fresh Fruit Cranberry Juice Milk <i>PFS-BBQ Beef Patty</i></p>	<p>10) Southwest Chicken Thigh Spanish Rice Mexicali Vegetables Wheat Bread w/Marg Mandarin Oranges Grape Juice Milk</p>	<p>11) Salisbury Steak w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Fresh Fruit Orange Juice Milk</p>	<p>12) Cheese Lasagna Roll Up w/Marinara Sauce Corn Green Peas Italian Bread w/Marg Tropical Fruit Apple Juice Milk</p>
<p>15) Beef Santa Fe Chili Brown Rice Spinach Saltines Crackers Fresh Fruit Cranberry Juice Milk</p>	<p>16) Sliced Turkey w/Gravy Lima Beans Sliced Carrots Biscuit w/Marg Mandarin Oranges Apple Juice Milk</p>	<p>17) Cabbage Roll w/Marinara Sauce Whipped Potatoes Green Beans Wheat Bread w/Marg Fresh Fruit Orange Juice Milk</p>	<p>18) Creamy Tikka Chicken Yellow Rice Mixed Vegetables Naan Bread w/Marg Pineapple Tidbits Cranberry Juice Milk</p>	<p>19) Salmon Burger Crispy Cubed Potatoes Hot Spiced Apples Coleslaw Wheat Hamburger Bun Tartar Sauce Orange Juice Milk <i>PFS-Hamburger w/Mayo</i></p>
<p>22) Sliced Ham w/Pineapple Glaze Au Gratin Potatoes Green Peas Dinner Roll w/Marg Ambrosia Salad & Cake Cranberry Juice & Milk <i>PFS-Chicken w/Pineapple Glaze</i></p>	<p>23) Potato Crusted Fish Diced Rosemary Potatoes Glazed Carrots Wheat Bread w/Marg Fresh Fruit Orange Juice Milk <i>PFS-Salisbury Steak w/Gravy</i></p>	<p>24) Baked Chicken Breast w/Creamy Pesto Sauce Garlic Parmesan Orzo Ratatouille Wheat Roll w/Marg Tropical Fruit Grape Juice Milk</p>	<p>25) Baked Meatballs w/Sweet & Sour Sauce Brown Rice Broccoli Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk</p>	<p>26) BBQ Chicken Thigh Black Eyed Collard Greens Wheat Bread w/Marg Pineapple Tidbits Cranberry Juice Milk</p>
<p>29) Baked Meatballs w/Marinara Sauce Whole Grain Rotini Capri Vegetables Italian Bread w/Marg Fresh Fruit Orange Juice Milk</p>	<p>30) Honey Balsamic Chicken Mashed Spiced Yams Broccoli Wheat Roll w/Marg Pineapple Tidbits Apple Juice Milk</p>			

April 2019 COLD MEALS-Home Delivered Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Seafood Salad Mixed Vegetable Salad Pineapple Tidbits Wheat Pita Bread Fortified Juice PFS-Egg Salad	2) Sliced Turkey & Swiss Cheese Green Bean & Tomato Salad Diced Peaches Pumpernickel Bread Mayo Fortified Juice	3) Egg Salad Carrot Raisin Salad Tropical Fruit Kaiser Roll Fortified Juice	4) Baked Chicken Breast Penne Pasta Salad Fresh Fruit Wheat Hamburger Bun Honey Mustard Sauce Fortified Juice	5) Turkey Chef Salad w/Dressing Mediterranean Lentil Salad Fresh Fruit Wheat Roll Fortified Juice
8) Egg Salad Macaroni Salad Fresh Fruit Wheat Bread Fortified Juice	9) Turkey Salad Mixed Green Salad w/Dressing Tropical Fruit Croissant Fortified Juice	10) Sliced Corned Beef & Swiss Cheese White Bean Salad w/Olives Fresh Fruit Rye Bread Mustard Fortified Juice	11) Chicken Pasta Salad Broccoli Craisin Salad Mandarin Oranges Wheat Roll Fortified Juice	12) Tuna Salad Lemon Dijon Carrot Salad Fresh Fruit Wheat Pita Bread Fortified Juice PFS-Egg Salad
15) Curry Chicken Salad Green Pea Salad Pineapple Tidbits Wheat Bread Fortified Juice	16) Krab Salad Coleslaw Tropical Fruit Croissant Fortified Juice PFS-Egg Salad	17) Sliced Ham & Provolone Cheese Citrus Carrot Salad Cinnamon Applesauce Rye Bread w/Mustard Fortified Juice PFS-Sliced Turkey & Cheese	18) Egg Salad Potato Salad Fresh Fruit Wheat Bread Fortified Juice	19) Southwest Chicken Salad w/Dressing Mediterranean Lentil Salad Fresh Fruit Wheat Roll Fortified Juice
22) Tuna Salad Carrot Raisin Salad Tropical Fruit Croissant Fortified Juice PFS-Egg Salad	23) Sliced Roast Beef & Muenster Cheese Couscous Salad Fresh Fruit Wheat Bread Fortified Juice	24) Egg Salad Coleslaw Pineapple Tidbits Wheat Bread Fortified Juice	25) Chicken Chef Salad w/Dressing Pasta Salad Fresh Fruit Wheat Roll Fortified Juice	26) Sliced Turkey & Cheese Patriotic Bean Salad Fresh Fruit Pumpernickel Bread Mayo Fortified Juice
29) Chicken Salad Citrus Carrot Salad Fruit Cocktail Croissant Fortified Juice	30) Sliced Turkey & Provolone Cheese Chick Pea Salad Fresh Fruit Rye Bread Mustard 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

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MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.