

December 2021 HOT MEALS-Anne Arundel County Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1) Hamburger on WW Bun Baked Beans Carrots Ketchup Applesauce & Orange Juice 1% Milk</p>	<p>2) Cranberry Dijon Chicken Rosemary Potatoes Cabbage WW Roll w/Margarine Pineapples Grape Juice 1% Milk</p>	<p>3) Baked Cod w/Newburg Sauce Confetti Rice Mixed Vegetables Wheat Bread w/ Margarine Fruit Cocktail Orange Juice 1% Milk PFS - Turkey</p>
<p>6) Turkey Meatballs (6ea) Sweet & Sour sauce Rice Medley Broccoli WW Roll w Margarine Fresh Fruit Grape Juice 1% Milk</p>	<p>7) Spaghetti w/ Meat Sauce WG Penne Green beans Wheat bread w/Margarine Sliced Apples Orange Juice 1% Milk</p>	<p>8) Oven Fried Chicken Black-eyed Peas Mixed Greens WW Bread w/Margarine Tropical Fruit & Apple Juice 1% Milk</p>	<p>9) Panko Breaded Pollack Crispy Cubed Potatoes Harvard Beets Dinner Roll w/Margarine Fresh Fruit & Orange Juice Tarter Sauce 1% Milk PFS- Turkey</p>	<p>11) Pork Loin w/ Gravy Mashed Spiced Yams Green Peas WW Roll w/ margarine Applesauce & Orange Juice 1% Milk PFS- Salisbury Steak</p>
<p>13) Beef Tamale Stew Roasted Diced Potatoes Spinach Cornbread Muffin w/ Margarine Fruit Cocktail & Orange Juice 1% Milk</p>	<p>14) Honey Balsamic Chicken Leg Quarter Braised Lentils Mixed Vegetables WW Bread w/ Margarine Tropical Fruit & Apple Juice 1% Milk</p>	<p>15) Breaded Pollack w/ Tartar Potato Wedges Broccoli WW Hamburger Bun Fresh Fruit & Grape Juice Ketchup 1% Milk PFS- Chicken Patty w/ Mayo</p>	<p>16) Teriyaki Meatballs Confetti Rice Carrots Dinner Roll w/ Margarine Pineapples & Orange Juice 1% Milk</p>	<p>17) Beef Hot Dog on WW Bun Corn Casserole Green Peas Mandarin oranges Grape Juice Ketchup & Mustard 1% Milk</p>
<p>20) Fiesta Chicken Cilantro Lime Rice Mexical Blend WW Bread w/ Margarine Mandarin Oranges Apple Juice 1% Milk</p>	<p>21) Roast Beef w/ Gravy Garlic Mashed Potatoes Glazed Carrots Dinner Roll w/ Margarine Tropical Fruit & Grape Juice 1% Milk</p>	<p>22) BBQ Pork Patty on WW Bun Baked Beans Mixed Vegetables Diced Peaches & Orange Juice 1% Milk PFS BBQ Beef Patty</p>	<p>23) Cranberry Dijon Chicken Au Gratin Potatoes Mixed Vegetables WW Roll w/ Margarine Ambrosia Salad Holiday Dessert Cranberry Juice & 1% Milk</p>	<p>24) Offices Closed</p> <div style="text-align: center;">  </div>
<p>27) Potato Crusted Fish w/ Tartar Mac & Cheese Herbed Green Beans Dinner Roll w/ margarine Peaches & Orange Juice 1% Milk</p>	<p>28) Honey BBQ Chicken Leg Quarter Baked Beans Cabbage WW Bread w/ Margarine Tropical Fruit & Apple Juice 1% Milk</p>	<p>29) Beef Ziti Bake Mixed Greens Wheat Bread w/ Margarine Hot Spiced Fruit Orange Juice 1% Milk</p>	<p>30) Ham & Pineapple Glaze Black-eyed peas Cabbage Cornbread Muffin w/ Margarine Fresh Fruit Cinnamon Roll</p>	<p>31) Offices Closed</p>

<p>PFS – Honey Mustard Chicken</p>			<p><i>1% Milk PFS- Turkey</i></p>	
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