

Monday

Tuesday

Wednesday

Thursday

Friday



Meatballs with Marinara Sauce Whole Grain Rotini Pasta Collard Greens Diced Pears Pot Roast Fresh Mashed Potatoes LS Beef Gravy Steamed Carrots Pineapple	5	Chicken Pot Pie Chopped Broccoli Dinner Roll Mandarin Oranges Baked Chicken Breast Fillet Brown Rice Green Beans Dinner Roll Oatmeal Raisin Cookies Peaches	6	Chili Con Carne Brown Rice Cauliflower Applesauce LS Vegetable Soup LS Crackers Chicken Salad Sandwich Three Bean Salad Peach Crisp	7	Creamed Chicken over Biscuit Egg Noodles Chopped Spinach Gingerbread Banana Meatloaf with LS Beef Gravy Mashed Potatoes California Blend Vegetables Chocolate Cake	1	Baked Fish Wedge Tartar Sauce Brown Rice Sliced Carrots Mandarin Oranges Hamburger on a Roll w/ Ketchup Tater Tots Kale Lettuce/Tomato/Pickle Pineapple	2
Chicken Noodle Soup Ls Crackers Turkey Ham Red Potatoes Broccoli Banana Meatloaf with LS Beef Gravy Fresh Mashed Potatoes Steamed Carrots Fruit Cocktail	12	Sliced Turkey Breast LS Turkey Gravy Fresh Mashed Potatoes Mixed Vegetables Fresh Orange Shredded Chicken Barbecue on a Roll Potato Salad Cole Slaw Applesauce	13	Hamburger on a Roll Ketchup Baked Beans Collard Greens Mandarin Oranges LS Vegetable Soup LS Crackers Chicken Salad Sandwich Carrot and Raisin Salad Tropical Fruit Salad	14	Baked Chicken Tenders Fresh Mashed Potatoes Brussels Sprouts Sliced Apples LS Bologna and American Cheese Sandwich Mustard Tossed Salad w/ Italian Dressing Fresh Orange	8	Meatloaf with LS Beef Gravy Mashed Sweet Potatoes Spinach Pineapple Baked Fish with Lemon Wedge Brown Rice Cole Slaw Cornbread Tropical Fruit Salad	9
Sliced Turkey Breast LS Turkey Gravy Fresh Mashed Potatoes Mixed Vegetables Fresh Orange Chicken Chow Mein Brown Rice Cabbage Dinner Roll Lemon Pudding	19	Whole Grain Flour Tortillas with Ground Beef Filling Brown Rice, Ranch Beans Chuckwagon Corn Lettuce/Tomato/Cheese/Sour Cream Mandarin Oranges Chicken Breast Fillet Mashed Potatoes Broccoli Applesauce	20	Split Pea Soup LS Crackers Turkey Salad Sandwich Three Bean Salad Strawberries Turkey Burger on a Roll Mayonnaise Baked Sweet Potato Fries Pickled Beets Tropical Fruit Salad	21	Baked Chicken Mashed Sweet Potatoes Green Beans Watermelon Cubes Sugar Cookies Homemade Salisbury Steak LS Beef Gravy Mashed Potatoes Lima Beans Apricots	15	Baked Fish Square Tartar Sauce Brown Rice Stewed Tomatoes Pineapple Tidbits Chicken Tetrizzini Kale Peaches Brownie	16
Baked Turkey and Noodles Broccoli Tossed Salad w/ French Dressing Dinner Roll Peaches Lasagna Green Beans Italian Bread Fresh Orange	26	Hamburger on a Roll Lettuce/Tomato/Pickle/Ketchup Fresh Boiled Potatoes Succotash Tropical Fruit Salad Oatmeal Cookies Three Bean Turkey Chili Brown Rice, Chuckwagon Corn Cornbread Pineapple Slices	27	Turkey Ham Sweet Potatoes California Blend Vegetables Apricots LS Navy Bean Soup LS Crackers Sliced Turkey Breast and Swiss Cheese Sandwich Lettuce/Tomato/Mayonnaise Mandarin Oranges	28	Meatloaf with LS Beef Gravy Fresh Mashed Potatoes Steamed Kale Fruit Cocktail Sugar Cookies Turkey Ham Sweet Potatoes Spinach Apricots	22	Baked Fish Wedge Tartar Sauce Brown Rice Pepper Slaw Pineapple Tidbits Meatballs with Marinara Sauce Whole Grain Pasta Peas Tossed Salad with Ranch Dressing Watermelon Cubes	23
						Sloppy Joe on a Roll Fresh Mashed Potatoes Broccoli Sugar Cookies Watermelon Sliced Roast Turkey LS Turkey Gravy Bread Dressing Sliced Carrots Peanut Butter Cookies	29	Whole Grain Rotini Pasta with Meat Sauce Brussels Sprouts Canned Pears LS Minestrone Soup LS Crackers Tuna Salad Sandwich Lettuce/Tomato/Pickle Three Bean Salad Tropical Fruit Salad	30

Frederick County Meals on Wheels – Menu subject to change. 1% Milk and Whole Grain Bread are served with all meals unless noted.