

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Drumstick' Twice Baked Potato Broccoli Tossed Salad w/ French Dressing Dinner Roll Sliced Peaches Lasagna Zucchini Italian Bread Fresh Orange	2 Hamburger on a Roll Lettuce/Tomato/Pickle/Ketchup Fresh Boiled Potatoes Succotash Tropical Fruit Salad Oatmeal Cookies Three Bean Turkey Chili over Brown Rice Chuckwagon Corn, Cornbread Pineapple Slices	3 Turkey Ham Sweet Potatoes California Blend Vegetables Apricots LS Navy Bean Soup LS Crackers Turkey & Swiss Cheese Sandwich Lettuce/Tomato/Mayonnaise Mandarin Oranges	4 Sloppy Joe on a Roll Fresh Mashed Potatoes Broccoli Fresh Orange Sugar Cookies Sliced Roast Turkey LS Turkey Gravy Bread Dressing Sliced Carrots Peanut Butter Cookies	5 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
Hamburger on a Roll Vegetarian Beans Coleslaw Mandarin Oranges Chicken Breast Filet Mashed Potatoes LS Chicken Gravy Collard Greens Peaches	9 Peppersteak Brown Rice Broccoli Applesauce Oatmeal Raisin Cookies Whole Grain Rotini Pasta Meatballs and Marinara Sauce Italian Style Vegetables Italian Bread Tropical Fruit	10 Turkey Ham Sweet Potatoes Cauliflower Apricots LS Split Pea Soup LS Crackers Egg Salad Sandwich Carrot and Raisin Salad Fresh Orange	11 Creamed Chicken over a Biscuit Egg Noodles Chopped Spinach Fresh Pear Gingerbread Meatloaf LS Beef Gravy Mashed Potatoes California Blend Vegetables Chocolate Cake	12 Baked Fish Wedge Tartar Sauce Brown Rice Sliced Carrots Mandarin Oranges Hamburger on a Roll Tater Tots Kale Lettuce/Tomato/Pickle/Ketchup Pineapple
Whole Grain Rotini Pasta Meatballs with Marinara Sauce Collard Greens Diced Pears Pot Roast Fresh Mashed Potatoes LS Beef Gravy Steamed Carrots Pineapple	16 Chicken Pot Pie Chopped Broccoli Dinner Roll Mandarin Oranges Baked Chicken Breast Filet Brown Rice Green Beans Steamed Carrots Oatmeal Raisin Cookies Peaches	17 Chili Con Carne Brown Rice Cauliflower Tropical Fruit Salad LA Vegetable Soup LS Crackers Chicken Salad Sandwich Three Bean Salad Peach Crisp	18 Baked Chicken Tenders Fresh Mashed Potatoes Brussels Sprouts Sliced Apples LS Bologna & Cheese Sandwich Mustard Vegetarian Beans Tossed Salad w/Italian Dressing Fresh Orange	19 Meatloaf Mashed Sweet Potatoes LS Beef Gravy Spinach Pineapple Baked Fish with Lemon Wedge Brown Rice Cornbread Coleslaw Tropical Fruit Salad
LS Chicken Noodle Soup LS Crackers Turkey Ham Red Skin Potatoes, Broccoli Fresh Pear Meatloaf Fresh Mashed Potatoes LS Beef Gravy Steamed Carrots Fruit Cocktail	23 Sliced Turkey Breast LS Turkey Gravy Fresh Mashed Potatoes Mixed Vegetables Fresh Orange Shredded Chicken BBQ on a Roll Potato Salad Coleslaw Applesauce	24 Hamburger on a Roll Ketchup Baked Beans Collard Greens Mandarin Oranges LS Vegetable Soup LS Cracker Chicken Salad Sandwich Carrot and Raisin Salad Tropical Fruit	25 Baked Chicken Mashed Potatoes Green Beans Tangerine Sugar Cookies Salisbury Steak LS Beef Gravy Mashed Potatoes Lima Beans Apricots	26 Baked Fish Square Tartar Sauce Brown Rice Stewed Tomatoes Pineapple Tidbits Chicken Tetrizzini Kale Peaches Brownie
30 Memorial Day Holiday	31 Whole Grain Flour Tortillas Ground Beef Filling Brown Rice, Ranch Beans Chuckwagon Corn Shredded Lettuce/ Cheese/Tomato Sour Cream Mandarin Oranges Chicken Breast Filet Fresh Mashed Potatoes, Broccoli Applesauce	 <p>May 2022 Meals on Wheels served by the FCADC</p>		

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