

Monday

Tuesday

Wednesday

Thursday

Friday

 <p>Meals on Wheels Served by the Frederick County ADC</p>		<p>MOW will be closed for the holiday</p>		<p><b>1</b> Baked Chicken Mashed Sweet Potatoes Green Beans Tangerine Sugar Cookies Salisbury Steak LS Beef Gravy Mashed Potatoes Lima Beans Apricots</p>	<p><b>2</b> Baked Fish Square Brown Rice Tartar Sauce Stewed Tomatoes Pineapple Tidbits Chicken Trazzini Kale Peaches Brownie</p>	<p><b>3</b></p>
				<p><b>6</b> Sliced Turkey Breast LS Turkey Gravy Fresh Mashed Potatoes Mixed Vegetables Fresh Orange Chicken Chow Mein Brown Rice Cabbage Dinner Roll Vanilla Pudding</p>	<p><b>7</b> Whole Grain Flour Tortillas Ground Beef Filling Brown Rice, Ranch Beans Chuckwagon Corn Lettuce/Tomato/Cheese/Sour Cream Mandarin Oranges Chicken Breast Fillet Mashed Potatoes Broccoli Applesauce</p>	<p><b>8</b> Turkey Burger on a Roll Mayonnaise Baked Sweet Potato Fries Steamed Carrots Tropical Fruit Salad Split Pea Soup LS Crackers Turkey Salad Sandwich Three Bean Salad Grapefruit Sections</p>
<p><b>13</b> Baked Turkey and Noodles Broccoli Tossed Salad w/ French Dressing Dinner Roll Sliced Peaches Lasagna Green Beans Italian Bread Fresh Orange</p>	<p><b>14</b> 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</p>	<p><b>15</b> Turkey Ham Sweet Potatoes California Vegetables Apricots LS Navy Bean Soup LS Crackers Sliced Turkey and Swiss Cheese Sandwich Lettuce/Tomato/Mayo Mandarin Oranges</p>	<p><b>16</b> Sloppy Joe on a Roll Fresh Mashed Potatoes Broccoli Sugar Cookies Orange Sliced Roast Turkey LS Turkey Gravy Bread Dressing Sliced Carrots Peanut Butter Cookies</p>	<p><b>17</b> Whole Grain Rotini Pasta Meatsauce Brussels Sprouts Canned Pears LS Minestrone Soup LS Crackers Tuna Salad Lettuce/Tomato/Pickle Three Bean Salad Tropical Fruit Salad</p>		
<p><b>20</b> MOW will be closed for the holiday</p>		<p><b>21</b> Turkey Ham Sweet Potatoes Cauliflower Apricots LS Split Peas Soup LS Crackers Egg Salad Sandwich Carrot and Raisin Salad Orange</p>	<p><b>22</b> Creamed Chicken over Biscuit Egg Noodles Chopped Spinach Gingerbread Banana Meatloaf LS Beef Gravy Mashed Potatoes California Blend Vegetables Chocolate Cake</p>	<p><b>23</b> Baked Fish Wedge Tartar Sauce Brown Rice Sliced Carrots Mandarin Oranges Hamburger on a Roll Lettuce/Tomato/Pickle/Ketchup Tater Tots Kale Pineapple</p>	<p><b>24</b></p>	
<p><b>27</b> Meatballs Marinara Sauce Whole Grain Rotini Pasta Collard Greens Diced Pears Pot Roast Fresh Mashed Potatoes LS Beef Gravy Steamed Carrots Pineapple</p>	<p><b>28</b> Chicken Pot Pie Chopped Broccoli Dinner Roll Mandarin Oranges Baked Chicken Breast Fillet Brown Rice Green Beans Dinner Roll Peaches Oatmeal Raisin Cookies</p>	<p><b>29</b> Chili Con Carne Brown Rice Cauliflower Applesauce LS Vegetable Soup LS Crackers Chicken Salas Sandwich Three Bean Salad Peach Crisp</p>	<p><b>30</b> Baked Chicken Tenders Fresh Mashed Potatoes LS Beef Gravy Brussels Sprouts Sliced Apples LS Bologna and Cheese Sandwich Mustard Vegetarian Beans Tossed Salad with Italian Dressing Orange</p>	<p><b>31</b> Meatloaf Mashed Sweet Potatoes LS Beef Gravy Spinach Pineapple Baked Fish with Lemon Wedge Brown Rice Cornbread Coleslaw Tropical Fruit Salad</p>		

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