

Monday

Tuesday

Wednesday

Thursday

Friday

 <p>Meals on Wheels Served by the Homewood Kitchen</p>		<p><b>MOW will be closed for the holiday</b></p>		<p><b>1</b> Peppersteak Sweet Butternut Squash Navy Beans Apple Juice Tuna Salad Marinated Vegetable Salad Lettuce and Tomato Rye Bread Fresh Fruit Cup Canned Fruit</p>	<p><b>2</b> Savory Baked Pork Yellow Squash Whipped Potatoes Orange Juice Hummus Cucumbers Celery Sticks Saltine Crackers Peaches Fresh Apple</p>	<p><b>3</b></p>
<p><b>6</b> Crispy Baked Cod Baby Carrots Kidney Beans Broccoli Orange Juice Cottage Cheese Large Salad, Potato Salad Saltine Crackers, Rye Bread Peaches Fresh Apple</p>	<p><b>7</b> Oven Fried Chicken Stewed Tomatoes Macaroni and Cheese Cranberry Juice Mixed Beans Carrot Sticks Saltine Crackers Fresh Fruit Cup Canned Fruit</p>	<p><b>8</b> Corned Beef Seasoned Spinach Baked Beans Orange Juice Pickled Egg Pickled Beet Salad Cole Slaw Saltine Crackers Fresh Orange, Mandarin Oranges Assorted Dessert</p>	<p><b>9</b> Hawaiian Ham Steak Whole Bean Blend Whipped Sweet Potatoes Zucchini Apple Juice Boneless Grilled Chicken Breast Hamburger Roll Lettuce and Tomato Rye Bread Canned Fruit, Fresh Apple</p>	<p><b>10</b> Slippery Beef Pot Pie Baby Carrots Orange Juice Hummus Cucumbers Celery Sticks English Muffin Fresh Grapes Fruit Ambrosia Assorted Dessert</p>		
<p><b>13</b> Beef Pot Roast Pot Roast Vegetables Baked Beans Orange Juice Tuna Salad Lettuce and Tomato Carrot and Celery Sticks Canned Fruit Assorted Dessert</p>	<p><b>14</b> Baked Ham Zucchini and Squash Medley Vegetable Medley Apple Juice Sliced Turkey Sandwich Marinated Vegetable Salad Rye Bread Pineapple Fruit Cup Fresh Orange</p>	<p><b>15</b> Teriyaki Marinated Chicken Asian Blend Vegetables Seasoned Green Beans Cranberry Juice Hummus Cole Slaw Rye Bread Saltine Crackers Canned Fruit Assorted Dessert</p>	<p><b>16</b> Beer Battered Fish Vegetable Du Jour Navy Beans Grape Juice Sliced Chicken Sandwich Carrot and Raisin Salad Lettuce and Tomato Peaches Fresh Apple</p>	<p><b>17</b> Meatloaf Vegetable Medley Whipped Potatoes Glazed Carrot Coins Orange Juice Chili Bean Dip Celery Sticks Rye Bread, Saltine Crackers Pears Fresh Fruit Cup</p>		
<p><b>MOW will be closed for the holiday</b></p>		<p><b>21</b> Salisbury Steak Brussels Sprouts Garlic Whipped Potatoes Yellow Squash Cranberry Juice Sliced Turkey Sandwich Marinated Vegetable Salad Rye Bread Pineapple Tidbits Canned Fruit</p>	<p><b>22</b> Honey Glazed Ham Seasoned Spinach Corn Pudding Grape Juice Chili Bean Dip Cucumbers Celery Sticks Saltine Crackers Pears, Fresh Fruit Cup Assorted Dessert</p>	<p><b>23</b> Potato Crusted Cod Autumn Blend Vegetables Baked Beans Seasoned Green Beans Orange juice Egg Salad Sliced Tomatoes on Lettuce Peaches Fresh Apple</p>	<p><b>24</b></p>	
<p><b>27</b> Chicken and Dumplings Broccoli Orange Juice Mixed Beans Cole Slaw Raw Vegetable Plate Rye Bread Fresh Apple Pears</p>	<p><b>28</b> Shredded BBQ Beef Sandwich Seasoned Green Beans Cranberry Juice Tuna Salad Pickled Beet Salad Sliced Tomatoes on Lettuce Saltine Crackers Canned Fruit Assorted Dessert</p>	<p><b>29</b> Turkey Cutlet Seasoned Spinach Whipped Potatoes Apple Juice Hummus Cucumbers Carrot and Celery Sticks English Muffin Fresh Fruit Cup Peaches</p>	<p><b>30</b> Slippery Ham Pot Pie Cauliflower Polonaise Vegetable Du Jour Grape Juice Turkey and Cheese Sandwich Large Salad Canned Fruit Fresh Orange Assorted Dessert</p>	<p><b>31</b> Beef Pot Roast Pot Roast Vegetables Kidney Beans Orange Juice Cottage Cheese with Applebutter Marinated Vegetable Salad Mixed Bean Salad Fresh Apple Canned Fruit</p>		

Frederick County Meals on Wheels – Menu subject to change. 2% Milk and Whole Grain Bread are served with all meals unless noted.