

St. Mary's County Department of Aging & Human Services



National Senior
Center Month

Menu-September 2016

| Mon | Tue | Wed | Thu | Fri |
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| Menu Cycle 2 | | | 1 Tossed Salad w/ Chick Peas & Dressing, Spaghetti (8 oz.) w/ Meat Balls and Sauce (4 oz.), Brussel Sprouts, WW Dinner Roll, Pears | 2 Apple Juice, Turkey, Bread Stuffing, Cranberry Sauce (2 oz.), Gravy, Mashed Potatoes, Broccoli, WW Dinner Roll, Fruit Cocktail, Jell-O |
| 5 Menu Cycle 3 Holiday Centers are closed. No home delivered meals. | 6 Apple Juice, Stuffed Shells (2 large) w/Meat Sauce (4 oz.), Garlic Bread, Roasted Cauliflower, Fruit Cocktail, Jell-O | 7 Pineapple Juice, Pork Roast, Gravy, Glazed Sweet Potatoes, Cabbage, WW Dinner Roll, Peaches | 8 Minestrone Soup, Crackers, Tossed Salad w/Dressing, Beef Tips in Gravy (10 oz.) w/Onions & Green Peppers over Noodles, WW Dinner Roll, Mandarin Oranges | 9 Apple Juice, Sloppy Joe (4 oz.) on a WW Bun, Cole Slaw, Baked Sweet Potato Wedges, Pears |
| 12 Menu Cycle 4 Low Sodium V8 Juice, Hamburger on WW Bun w/Natural Cheese, Lettuce/Tomato/ Onion Slices, Orange & Pineapple Salad, Apricots, Condiments | 13 Orange Juice, Chicken Caesar Salad w/Romaine Lettuce (1 c.), Grilled Chicken Strips (3 oz.), Chick Peas (4 oz.) & Caesar Salad Dressing, WW Dinner Roll, Peach Crisp | 14 Pineapple Juice, Low Sodium Polish Sausage (3 oz.) w/ Chopped Onions (2 oz.), on a Bun, Cucumber & Tomato Salad, Applesauce, Chocolate Chip Cookies (2) | 15 Tossed Salad w/ Kidney Beans & Dressing, Chicken Salad (4 oz.) Platter on a Bed of Lettuce, 3-Bean Salad w/Green Pepper, WW Dinner Roll, Pineapple Chunks | 16 Tossed Salad w/ Chick Peas & Dressing, Chicken Divine, Rice, Broccoli, WW Dinner Roll, Angel Food Cake Strawberries (4 oz.) |
| 19 Menu Cycle 5 Apple Juice, Turkey, Stuffing, Cranberry Sauce, Gravy, Mashed Potatoes, Broccoli, Peach Crumble | 20 Fruit Juice Blend, Oven Fried Chicken (thigh), Baked Potato, Wax Beans, WW Dinner Roll, Rice Pudding w/ Raisins (2 tsp.) | 21 Orange Juice, Tossed Salad w/Dressing, Egg Salad (4 oz.) Sandwich on WW Bread w/Lettuce & Tomato Slices, Banana | 22 Orange Juice, Meatball Hoagie (4 oz.) w/Tomato Sauce, Green Beans, Banana, Lemon Meringue Pie | 23 Minestrone Soup w/Beans, Crackers, Turkey & Low Sodium Cheese on WW Bread w/Lettuce & Tomato Slices, Cole Slaw, 3-Bean Salad, Pineapple Upside Down Cake, Condiments |
| 26 Menu Cycle 6 Tossed Salad w/ Kidney Beans & Dressing, Chicken Salad (4 oz.), Lettuce & Tomato Slices, 3-Bean Salad w/ Green Pepper, WW Dinner Roll, Pineapple Chunks | 27 Pineapple Juice, Spicy Chicken & Rice Bake (11 oz.), Kale, WW Dinner Roll, Yogurt (2 oz.), Grapes | 28 Fruit Juice Blend, Tossed Salad w/ Chick Peas & Dressing, Salisbury Steak, Gravy, Mashed Potatoes, Carrots, WW Dinner Roll, Brownie | 29 Cranberry Juice, Pot Roast (to include 4 oz. Potatoes, 4 oz. Carrots & Onions, 3 oz. Beef), WW Bread, Mandarin Oranges | 30 Applesauce w/Cinnamon, Pork Roast, Gravy, Whipped Sweet Potatoes, California Blend, WW Dinner Roll, Pudding |

All meals served with 1% Milk and Margarine. To make or cancel a meal reservation, please call 301-475-4200, ext. *1050, by noon the day before.

Meals cost the Department \$6. If you are 60 years of age or older, a donation toward the cost of your meal is appreciated; if you are under the age of 60, the cost of the meal is \$6.

