

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

September 2022-Menu

Mon	Tue	Wed	Thu	Fri
			1 Herb Roasted Turkey Glazed Sweet Potatoes WW Dinner Roll Broccoli Florets Seasoned Spinach Cinnamon Pears Apple Juice Margarine Cup	2 Stir Fry Pork (1 1/4c) Brown Rice WW Dinner Roll Asian Vegetables Chilled Pineapple Apple Juice Margarine Cup
5  Senior Activity Centers Closed No Home Delivered Meals	6 Pork Loin Roast Baby Lima Beans WW Dinner Roll Broccoli Florets Hot Spiced Apples LS Brown Gravy LS V8 Juice Margarine Cup	7 Beef Lasagna French Bread Seasoned Kale Tossed Salad (1c) Chilled Peaches Ranch Dressing Packet Margarine Cup *Frozen meals to get fruit juice.	8 Lemon Glazed Chicken Brown Rice WW Dinner Roll Green Beans Parslied Carrots Orange Sections Margarine Cup *Frozen meals to get mandarin oranges.	9 Cheese Ravioli w/ Tomato Sauce WW Dinner Roll Seasoned Spinach Chilled Pears Pineapple Juice Margarine Cup
12 Herb Roasted Turkey Mashed Potatoes LS Poultry Gravy Sage Bread Dressing Parslied Carrots Fresh Fruit Orange Juice *Frozen meals to get fruit cup.	13 Chicken California Roasted Red Potatoes WW Dinner Roll Green Beans Chilled Peaches Fruit Punch Juice Margarine Cup	14 Lemon Pepper Fish Rice Pilaf WW Dinner Roll Seasoned Spinach Chilled Fruit Cocktail Apple Juice Margarine Cup Tartar Sauce	15 Baked Chicken Breast Vegetable Primavera Garlic Bread Broccoli Florets Grape Juice	16 Cheeseburger on Bun Baked Beans Lettuce/Tomato/Onion Three Bean Salad Hot Spiced Apples Pineapple Juice Ketchup/Mustard/Mayo Packets
19 Pork Loin Roast LS Brown Gravy Glazed Sweet Potatoes Sauteed Cabbage Baby Lima Beans Chilled Applesauce Pineapple Juice	20 Chicken Piccata Herbed Rice WW Dinner Roll Green Beans Fresh Fruit Fruit Punch Juice Margarine Cup	21 BBQ Chicken Potato Wedges WW Dinner Roll Sliced Dilled Carrots Chilled Pears Orange Juice Margarine Cup *Frozen meals to get fruit cup.	22 Roast Beef Mashed Potatoes LS Brown Gravy WW Dinner Roll Seasoned Spinach Mandarin Oranges Apple Juice Margarine Cup	23 LS Swedish Meatballs Seasoned Egg Noodles WW Dinner Roll Peas & Onions Chilled Peaches LS V8 Juice Margarine Cup
26 Tuna a la King (1c) Brown Rice WW Dinner Roll Broccoli Florets Chilled Peaches Pineapple Juice Margarine Cup	27 Italian Chicken Breast Red Potatoes w/ Garlic WW Dinner Roll Succotash Mandarin Oranges Fruit Punch Juice	28 Pork Loin Roast Mashed Potatoes LS Brown Gravy WW Dinner Roll Seasoned Spinach Seasonal Fresh Fruit Apple Juice Margarine Cup *Frozen meals to get fruit cup.	29 Salmon Patty WW Bun Pickled Beets Apple Crisp Tartar Sauce Orange Juice	30 Savory Baked Chicken Scalloped Potatoes WW Dinner Roll Dilled Baby Carrots Chilled Pears LS V8 Juice Margarine Cup

All meals served with 1% Milk. To make or cancel a meal reservation, call the center you wish to attend by noon the business day before.

Garvey Senior Activity Center
301-475-4200, ext. 1080

Loffler Senior Activity Center
301-475-4200, ext. 1657

Northern Senior Activity Center
301-475-4200, ext. 3105

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.

Brought to you by the Commissioners of St. Mary's County and the Department of Aging & Human Services.