

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

## April 2019-Menu



Mon	Tue	Wed	Thu	Fri
<b>1</b> Menu Cycle 1 Tossed Salad w/ Dressing, Beef Stew (10 oz.), Broccoli, Yeast Roll, Pineapple	<b>2</b> Orange Juice, 5-Spice Chicken, Parslied New Potatoes, Zucchini & Tomatoes, WW Dinner Roll, Apricots	<b>3</b> Pineapple/Orange Juice, Tossed Salad w/Dressing, Spaghetti Noodles (8 oz.) w/ Meat Sauce (7 oz.), Italian Bread, Baked Apple Slices, Parmesan Cheese	<b>4</b> Lima Bean Soup, Crackers, Sweet & Sour Pork (8 oz.) over Brown Rice, Spinach, California Blend, WW Dinner Roll, Pineapple	<b>5</b> Tuna Fish (4 oz.) Sandwich on WW Bread w/ Lettuce & Tomato Slices, Coleslaw, Pickled Beets, Citrus Fruit Cup
<b>8</b> Menu Cycle 2 Cranberry Juice, Pork Roast, Gravy, Mashed Potatoes, Mixed Vegetables, WW Dinner Roll, Applesauce	<b>9</b> Baked Ham, Glazed Sweet Potatoes, Brussel Sprouts, Tomato Wedge Salad, Fresh Fruit Cup, Coconut Iced Cupcake	<b>10</b> Orange Juice, Roast Beef, Gravy, Mashed Potatoes, Stewed Tomatoes, WW Dinner Roll, Applesauce	<b>11</b> Tossed Salad w/ Dressing, Lasagna w/ Meat Sauce (8 oz.), Seasoned Kale, Lima Beans, French Bread, Peaches	<b>12</b> Orange Juice, Lemon Pepper Fish, O'Brien Potatoes, Seasoned Spinach, WW Dinner Roll, Peach Crisp
<b>15</b> Menu Cycle 3 Turkey, Gravy, Stuffing, Broccoli, Cauliflower, WW Dinner Roll, Applesauce	<b>16</b> Pineapple Juice, Chicken Salad (4 oz.) Platter w/ Peaches, Marinated Cucs & Onions, WW Bread (2 sl.), Oatmeal Cookie	<b>17</b> Hamburger on a Bun w/Lettuce/Tomato/ Onion Slices, 3-Bean Salad, Coleslaw, Mandarin Oranges, Condiments	<b>18</b> Navy Bean Soup, Crackers (2 pks.), Cottage Cheese (4 oz.) Platter, Carrot/ Pineapple/Raisin Slaw, Fresh Orange Slices, WW Dinner Roll, Pears	<b>19</b> <b>Holiday-Centers closed</b>  <b>No home delivered meals</b>
<b>22</b> Menu Cycle 4 Pineapple/Orange Juice, Fried Liver & Onions, Gravy, Mashed Potatoes, Carrots, WW Dinner Roll, Canned Plums	<b>23</b> Fruit Juice Blend, Meatloaf (4 oz.), Gravy, Succotash, Seasoned Greens, WW Dinner Roll, Orange Sections	<b>24</b> Orange Juice, Spinach Baked Fish, Baked Potato, Green Beans, WW Dinner Roll, Peaches, Sour Cream	<b>25</b> Cranberry Juice, BBQ Chicken Leg, Baked Beans, Dilled Carrots w/Snow Peas, WW Dinner Roll, Fruited Jell-O (6 oz.)	<b>26</b> Baked Ham, Glazed Sweet Potatoes, Brussel Sprouts, Tomato Wedge Salad, Yogurt (2 oz.), WW Dinner Roll, Fresh Fruit Cup
<b>29</b> Menu Cycle 5 Stuffed Cabbage in Tomato Sauce, Beets, WW Dinner Roll, Apple Crisp	<b>30</b> Orange Juice, Split Pea Soup, Crackers (2 pks.), Tuna Fish (4 oz.) Sandwich on WW Bread w/ Lettuce & Tomato Slices, Pickled Beets, Pineapple			

**All meals served with 1% Milk and Margarine.**

**To make or cancel a meal reservation, please call 301-475-4200, ext. 71050 by noon the day before.**

**A donation toward the cost of your meal is appreciated if you are 60 years of age or older; for those under 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.