

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

## Menu-October 2019

Mon	Tue	Wed	Thu	Fri
<b>Menu Cycle 3</b>	<b>1</b> Vegetable Juice, Cheeseburger on a Bun w/Lettuce/ Tomato/Onion Slices, Carrot/ Pineapple Slaw, Peaches, Condiments	<b>2</b> Tossed Salad w/ Dressing, Beef Tips in Gravy w/Onions & Green Peppers (10 oz.) over Egg Noodles, Honey Glazed Carrots, WW Bread (1 sl.), Mandarin Oranges	<b>3</b> Pineapple Juice, Pork Roast, Gravy, Glazed Sweet Potatoes, Cabbage, WW Dinner Roll, Peaches	<b>4</b> Orange Juice, Chicken Caesar Salad (Romaine Lettuce-1 c., Grilled Chicken Strips-3 oz., Chick Peas-4 oz. & Caesar Salad) Dressing, WW Dinner Roll, Fresh Apple Slices
<b>7 Menu Cycle 4</b> Apple Juice, Stuffed Shells (2 lge.) w/Tomato Sauce (4 oz.), Seasoned Spinach, Garlic Bread, Peaches, Chocolate Cake	<b>8</b> Tossed Salad w/ Dressing, Chicken Salad (4 oz.) Sandwich on WW Bread w/Lettuce & Tomato Slices, 3-Bean Salad w/Green Pepper, Pineapple Chunks	<b>9</b> Vegetable Juice, Low-sodium Polish Sausage on a Bun w/ Chopped Onions (2 oz.), Cucumber & Tomato Salad, Applesauce	<b>10</b> Tossed Salad w/ Dressing, Chicken Divine over Rice, Broccoli, WW Dinner Roll, Peaches	<b>11</b> Orange Juice, Sloppy Joes (4 oz.) on a WW Bun, Coleslaw, Carrots, Chilled Pears
<b>14 Menu Cycle 5</b> <b>Holiday-Centers closed. No Home Delivered Meals</b>	<b>15</b> Applesauce w/ Cinnamon, Pork Roast, Gravy, Whipped Sweet Potatoes, California Blend (1 c.), WW Dinner Roll, Brownie	<b>16</b> Tossed Salad w/ Dressing, Lasagna (8 oz.), Spinach, WW Dinner Roll, Canned Plums, Brownie	<b>17</b> Minestrone Soup w/ Beans, Crackers, Turkey & Cheese Sandwich on WW Bread w/Lettuce & Tomato Slices, Coleslaw, 3-Bean Salad, Mandarin Oranges, Mustard/ Lght Mayo	<b>18</b> Orange Juice, Tossed Salad w/ Dressing, Egg Salad (4 oz.) Sandwich on WW Bread w/ Lettuce & tomato Slices, Banana
<b>21 Menu Cycle 6</b> Tossed Salad w/ Chickpeas & Dressing, Salisbury Steak, Gravy, Mashed Potatoes, Spinach, WW Dinner Roll, Pears	<b>22</b> Pineapple Juice, Spicy Chicken & Rice Bake (11 oz.), Kale, WW Dinner Roll, Yogurt (2 oz.), Crushed Pineapple	<b>23</b> Vegetable Juice, BBQ Chicken Leg, Oven Roasted Red Potatoes & Onions, Roasted Carrots, WW Dinner Roll, Baked Apples	<b>24</b> Applesauce w/ Cinnamon, Pork Roast, Gravy, Whipped Sweet Potatoes, California Blend, WW Dinner Roll, Fruit Cocktail	<b>25</b> Tossed Salad w/ Dressing, Lemon Chicken, Brown Rice, Brussel Sprouts, WW Dinner Roll, Peaches
<b>28 Menu Cycle 7</b> Tossed Salad w/ Chickpeas & Dressing, Chicken, shrimp & Sausage Gumbo (10 oz.), Seasoned Kale, WW Dinner Roll, Mandarin Oranges	<b>29</b> Fruit Juice Blend, Roast Beef, Gravy, Spinach, Baked Potato, Sour Cream (2 oz.), WW Dinner Roll, Peaches	<b>30</b> Vegetable Juice, Pork Chop (5 oz.) w/Cinnamon Spiced Applesauce (2 oz.), Mashed Sweet Potatoes, Brussel Sprouts, WW Dinner Roll, Pineapple	<b>31</b> Apple Juice, Bratwurst on a Bun w/Mustard, Seasoned Oven Fried Sweet Potatoes, Mandarin Orange & Spinach Salad, Honey Baked Apple, Cupcake	 <p>ST. MARY'S COUNTY DEPARTMENT OF AGING &amp; HUMAN SERVICES Working Together ~ Caring About You</p>

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