

HARFORD COUNTY SENIOR CENTERS LUNCH MENU - JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. HERB CRUSTED ROAST BEEF w/Horseradish Wax / Green Beans Roasted Red Potatoes White Wheat Roll Tropical Fruit Milk	2. OLD BAY GRILLED CHICKEN BREAST SANDWICH Cream of Tomato Soup Pepper Slaw Sliced Apple Pack Chocolate Milk	3. (SL) Sign up by 6/30 AMERICAN CHEESEBURGER Baked Beans Pepper Slaw Watermelon Slice of Pie Milk	4. ALL SENIOR CENTERS CLOSED FOR INDEPENDENCE DAY	5. BAKED PORK LOIN w/Sweet Onion Gravy Braised Red Cabbage Scalloped Potatoes White Wheat Bread Fruit Cocktail Fruit Punch Chocolate Milk
8. ITALIAN STYLE PARMESAN CHICKEN BREAST w/PASTA Green Beans White Wheat Bread Fresh Fruit Cup Orange Juice Fruited Yogurt w/Crisp	9. HOMESTYLE MEATLOAF w/Gravy Mashed Potatoes Glazed Carrots White Wheat Bread Grape Juice Milk	10. GRILLED CHICKEN & PASTA SALAD Cream of Broccoli Soup Baby Spinach Corn Muffin Chilled Pears Milk	11. MAPLE GLAZED HAM Macaroni & Cheese Seasoned Greens Moroccan Chickpea & Barley Salad White Wheat Bread Sliced Apple Pack Fruit Juice & Choc. Milk	12. BEEF POT ROAST w/Chasseur Sauce Garlic Mashed Potatoes Stew Cut Vegetables White Wheat Bread Mandarin Oranges Apple Juice Milk
15. BBQ CHICKEN SANDWICH House-made Slaw Fiesta Black Beans Hot Baked Apple Slices Cranberry Juice Milk	16. SWEDISH MEATBALLS Brown Rice Pilaf Glazed Carrots Sweet & Sour Green Bean Salad White Wheat Bread Orange Juice Fruited Yogurt w/Crisp	17. PINEAPPLE BAKED HAM Mac & Cheese Seasoned Green Beans Broccoli Salad w/ Cranberry-Orange Dressing White Wheat Bread Grape Juice & Choc. Milk	18. TURKEY, VEGETABLE & POTATO STEW Spinach/Tomato Salad Corn Muffin Cinnamon Apples Milk	19. POPPY SEED CHICKEN Yellow Rice Pilaf Cucumber & Onion Salad White Wheat Bread Diced Pineapple Tomato Juice Milk
22. ROASTED PORK LOIN w/Dijon Mustard Sauce Italian Tomato Basil Salad Dilled Baby Carrots Au Gratin Potatoes White Wheat Roll Sliced Apple Pack Milk	23. TARRAGON CREAM CHICKEN BREAST Wild Rice Blend Wax & Green Beans White Wheat Bread Cinnamon Applesauce Orange Juice Milk	24. TUNA SANDWICH Tomato Multi-bean Soup Orange Blossom Carrot Salad Tropical Fruit Apple Juice Chocolate Milk	25. BEEF MACARONI W/Tomato & Onions Peas & Pearl Onions White Wheat Bread Mandarin Oranges Fruit Punch Milk	26. PEPPER JACK RANCH CHICKEN SANDWICH Red Cabbage Slaw Pineapple Tidbits Grape Juice Milk
29. OPEN FACE TURKEY SANDWICH w/Gravy Mashed Potatoes Harvard Beets Copper Pennies Fresh Fruit Cup Chocolate Milk	30. BEEF STROGANOFF Mushroom Barley Mixed Vegetables White Wheat Bread Tropical Fruit Apple Juice Milk	31. CHICKEN CAESAR WRAP Navy Bean Soup Sliced Apple Pack Grape Juice Chocolate Milk	MEAL RESERVATION PROCESS: To order a meal for a particular day, add your name to the Lunch Sign-Up Sheet no later than 10:00 a.m. TWO (2) working days in advance. To order a meal designated as a "Special Lunch" (SL) (July 3), add your name to the Lunch Sign-up Sheet no later than 10:00 a.m. FIVE (5) working days in advance. If you missed the sign-up deadline, your name can be added to the lunch list as a "Standby" on the day of the lunch. Please see the front desk.	

Vegetarian lunch option is available; Please see the front desk for details and to sign up. Lunch is served at 12:00 p.m. in the dining room. An 8 oz. carton of milk is served with each meal.

Lunch cost: Age 60 and over: **\$3.00** is the suggested donation. Under Age 60: There is a **\$5.00** charge for lunch. *All meals are catered by Business Food Solutions, Inc.*

Barry Glassman
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