

# HARFORD COUNTY SENIOR CENTERS LUNCH MENU - SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2.</p>  <p><b>ALL CENTERS CLOSED</b></p>	<p>3.</p> <p><b>OPEN FACE TURKEY SANDWICH</b> Mashed Potatoes Harvard Beets Copper Pennies Fresh Fruit Cup Chocolate Milk</p>	<p>4.</p> <p><b>BEEF STROGANOFF</b> Mushroom Barley Pilaf Mixed Vegetables Tropical Fruit White Wheat Bread Apple Juice Milk</p>	<p>5.</p> <p><b>CHICKEN CAESAR WRAP</b> Navy Bean Soup Sliced Apple Pack Grape Juice Chocolate Milk</p>	<p>6.</p> <p><b>SALISBURY STEAK w/Sweet Onion Gravy</b> Scalloped Potatoes Green Peas Mandarin Oranges White Wheat Bread Fruit Punch Milk</p>
<p>9.</p> <p><b>PULLED PORK BBQ SANDWICH</b> Mixed Bean Creole House Made Slaw Apricot Halves Orange Juice Milk</p>	<p>10.</p> <p><b>CHICKEN CACCIATORE</b> Brown Rice Pilaf Tri-Colored Peppers and Onion Blend Diced Peaches White Wheat Bread Cranberry Juice Chocolate Milk</p>	<p>11.</p> <p><b>HERB CRUSTED BEEF w/Horseradish</b> Roasted Red Potatoes Wax/Green Bean Medley Tropical Fruit White Wheat Roll Milk</p>	<p>12.</p> <p><b>OLD BAY CHICKEN SANDWICH</b> Cream of Tomato Soup Pepper Slaw Sliced Apple Pack Chocolate Milk</p>	<p>13.</p> <p><b>ALL CENTERS CLOSED FOR STAFF MEETING AND TRAINING</b></p>
<p>16.</p> <p><b>AMERICAN CHEESEBURGER</b> Blossom Carrot Salad Midwest Baked Beans Peach Crisp Orange Juice Milk</p>	<p>17.</p> <p><b>ROAST PORK LOIN w/Sweet Onion Gravy</b> Scalloped Potatoes Braised Red Cabbage Fruit Cocktail White Wheat Bread Fruit Punch Chocolate Milk</p>	<p>18.</p> <p><b>ITALIAN STYLE PARMESAN CHICKEN BREAST Over Pasta</b> Green Beans Fresh Fruit Cup White Wheat Bread Orange Juice Fruited Yogurt w/Crisp</p>	<p>19.</p> <p><b>HOMESTYLE MEATLOAF w/Gravy</b> Mashed Potatoes Glazed Carrots White Wheat Bread Grape Juice Milk</p>	<p>20.</p> <p><b>GRILLED CHICKEN &amp; PASTA SALAD Over Spinach</b> Cream of Broccoli Soup Chilled Pears Corn Muffin Milk</p>
<p>23. (SL) Sign up by 9/16</p> <p><b>CHICKEN CORDON BLEU w/Gravy</b> Mashed Potatoes Peas &amp; Onions White Wheat Bread Pie w/Whipped Topping Fruit Juice Milk</p>	<p>24.</p> <p><b>BEEF POT ROAST w/Chasseur Sauce</b> Garlic Mashed Potatoes Stew Cut Vegetables Mandarin Oranges White Wheat Bread Apple Juice Milk</p>	<p>25.</p> <p><b>BBQ CHICKEN SANDWICH</b> House Made Slaw Fiesta Black Beans Hot Baked Apple Slices Cranberry Juice Milk</p>	<p>26.</p> <p><b>SWEDISH MEATBALLS</b> Brown Rice Pilaf Glazed Carrots Sweet &amp; Sour Bean Salad White Wheat Bread Orange Juice Fruited Yogurt w/Crisp</p>	<p>27.</p> <p><b>PINEAPPLE BAKED HAM</b> Seasoned Green Beans Mac &amp; Cheese Broccoli Salad with Cranberry Dressing White Wheat Bread Grape Juice Chocolate Milk</p>
<p>30.</p> <p><b>TURKEY, VEGETABLE &amp; POTATO STEW</b> Spinach Salad w/Tomatoes Cinnamon Apples Corn Muffin Milk</p>	<p><b>MEAL RESERVATION PROCESS:</b> To order a meal for a particular day, add your name to the Lunch Sign-Up Sheet no later than 10:00 a.m. <b>TWO (2)</b> working days in advance. To order a meal designated as a "Special Lunch" (SL) (Sept 16), add your name to the Lunch Sign-up Sheet no later than 10:00 a.m. <b>FIVE (5)</b> 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.</p> <p><b>Vegetarian lunch option is available; Please see the front desk for details and to sign up.</b> Lunch is served at 12:00 p.m. in the dining room. An 8 oz. carton of milk is served with each meal.</p> <p>Lunch cost: Age 60 and over: <b>\$3.00</b> is the suggested donation. Under Age 60: There is a <b>\$5.00</b> charge for lunch. <i>All meals are catered by Business Food Solutions, Inc.</i></p>			

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