

HARFORD COUNTY SENIOR CENTERS LUNCH MENU - DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. SOUTHWEST BEEF & MAC CASSEROLE Peas & Pearl Onions Mandarin Oranges Fruit Juice Milk	3. CHICKEN CORDON BLEU SANDWICH Red Cabbage Slaw Pineapple Tidbits Grape Juice Milk	4. OPEN FACE TURKEY SANDWICH w/Gravy Mashed Potatoes Harvard Beets Broccoli Salad Fruit Cup Chocolate Milk	5. ROAST EYE ROUND w/Swedish Sauce Mushroom Barley Pilaf Mixed Vegetables Tropical Fruit White Wheat Bread Apple Juice Milk	6. CHICKEN CAESAR WRAP Navy Bean Soup Carrot Salad Apple Slices Grape Juice Chocolate Milk
9. SALISBURY STEAK w/Sweet Onion Gravy Scalloped Potatoes Peas & Pearl Onions Mandarin Oranges White Wheat Bread Fruit Punch Milk	10. CAROLINA GOLD PULLED BBQ Mixed Bean Creole Homemade Cole Slaw Apricot Halves Orange Juice Milk	11. CHICKEN BREAST CACCIATORE Brown Rice Pilaf Tri-Color Peppers & Onion Blend Diced Peaches White Wheat Bread Cranberry Juice & Milk	12. HERBED ROAST BEEF w/Burgundy Gravy Au Gratin Potatoes Wax/Green Bean Blend Tropical Fruit White Wheat Dinner Roll Pineapple Juice Milk	13. OLD BAY CHICKEN SANDWICH Tomato Basil Soup Pepper Slaw Sliced Apple Pack Chocolate Milk
16. ROAST TURKEY w/Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Cup White Wheat Bread Apple Juice Milk	17. AMERICAN CHEESEBURGER Carrot & Raisin Salad Mixed Bean Creole Apple Crisp Orange Juice Milk	18. ROAST PORK LOIN w/Sweet Onion Gravy Scalloped Potatoes Braised Red Cabbage Fruit Cocktail White Wheat Bread Fruit Punch Juice Chocolate Milk	19. (SL) Sign up by 12/12 ROAST BEEF w/Gravy Mashed Potatoes Green Bean Casserole Fruit Ambrosia Dinner Role Pie w/Topping Milk	20. HOMESTYLE MEATLOAF w/Gravy Mashed Potatoes Peas & Pearl Onions Diced Peaches White Wheat Bread Grape Juice Milk
23. GRILLED CHICKEN & PASTA SALAD Served over Baby Spinach Cream of Broccoli Soup Chilled Apricots Corn Muffin Milk	24. HAM, GREEN BEAN & POTATO CASSEROLE Moroccan Chickpea Salad Cinnamon Applesauce White Wheat Bread Fruit Juice Chocolate Milk	25.  ALL CENTERS CLOSED	26. BBQ CHICKEN SANDWICH Homemade Cole Slaw Black-eyed Peas Hot Baked Apple Slices Cranberry Juice Milk	27. SWEDISH MEATBALLS Brown Rice Pilaf Glazed Carrots Sweet & Sour Bean Salad White Wheat Bread Orange Juice Fruited Yogurt w/Crisp
30. ROASTED PORK LOIN w/Gravy Mashed Potatoes Sauerkraut Green Beans Diced Fruit Split Top Roll Milk	31. HEARTY BEEF STEW Spinach Salad w/Tomato Cinnamon Apples Corn Muffin 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) (December 19), 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. <i>All meals are catered by Business Food Solutions, Inc.</i>		

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