



HARFORD COUNTY SENIOR CENTERS LUNCH MENU - JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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) (January 16), 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.* <i>Vegetarian lunch option is available; Please see the front desk for details and to sign up</i>		1.  ALL CENTERS CLOSED	2. ROAST TURKEY w/Gravy Mashed Potatoes Glazed Carrots Fresh Fruit Cup White Wheat Bread Apple Juice Milk	3. BEEF & VEGETABLE STEW Chilled Pears White Wheat Bread Pineapple Juice Milk
6. OLD BAY CHICKEN SANDWICH Cream of Tomato Soup Pepper Slaw Sliced Apple Pack Milk	7. ROAST PORK LOIN w/Mushroom Gravy Braised Red Cabbage Buttered Lima Beans Fruit Cocktail White Wheat Bread Fruit Punch Chocolate Milk	8. CHICKEN PARMESAN SANDWICH Green Pea Salad Fresh Fruit Cup Orange Juice Fruited Yogurt w/Crisp	9. SALISBURY STEAK Parslied Mashed Potatoes Seasoned Greens Moroccan Chickpea Barley White Wheat Bread Grape Juice Milk	10. GRILLED CHICKEN PASTA SALAD w/Spinach Tomato Soup Corn Muffin Mandarin Oranges Milk
13. PINEAPPLE GLAZED HAM Au Gratin Potatoes Glazed Carrots Greek Style Salad White Wheat Bread Fruit Punch Chocolate Milk	14. BEEF POT ROAST w/Burgundy Gravy Stew-cut Vegetables Mandarin Oranges White Wheat Bread Apple Juice Milk	15. CHICKEN CORDON BLEU CASSEROLE Yellow Rice Pilaf Wax & Green Beans Cucumber Salad Dinner Roll Tomato Juice Milk	16. (SL) Sign up by 1/9 STUFFED CHICKEN Mashed Potatoes Green Bean Casserole Pie with Topping Apple Juice Milk	17. ROAST PORK LOIN w/Apple-Cranberry Glaze Mac & Cheese Dilled Carrots Broccoli Slaw White Wheat Bread Pineapple Juice Fruited Yogurt w/crisp
20.  ALL CENTERS CLOSED	21. TERIYAKI CHICKEN BREAST Brown Rice Pilaf Peas & Carrots Diced Pineapple White Wheat Bread Tomato Juice Milk	22. MEATBALL & CHEESE SUB Seasoned Green Beans Mandarin Fruit Juice Milk	23. CHICKEN & BEEF JAMBALAYA Steamed Baby Carrots Peach Crisp White Wheat Bread Pineapple Juice Milk	24. TUNA SANDWICH Split Pea Soup Three Bean Salad Tropical Fruit Apple Juice Chocolate Milk
27. ROASTED PORK LOIN w/Dijon Mustard Sauce Parslied Mashed Potatoes Italian Tomato Basil Salad Seasoned Kale Sliced Apple Pack White Wheat Roll Milk	28. GRILLED CHICKEN BREAST w/Mushroom Sauce Rice Blend Wax & Green Bean Blend Cinnamon Applesauce White Wheat Bread Orange Juice Milk	29. ROAST TURKEY w/Gravy Mashed Potatoes Harvard Beets Copper Pennies Fresh Fruit Cup White Wheat Blend Milk	30. BEEF STROGANOFF Yellow Rice Pilaf Mixed Vegetables Tropical Fruit White Wheat Bread Apple Juice Milk	31. CURRIED CHICKEN SALAD Multi-Bean Soup Baby Spinach w/Tomatoes Pepper Slaw Mandarin Oranges White Wheat Roll Chocolate Milk

*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.

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