


# HARFORD COUNTY SENIOR CENTERS LUNCH MENU - FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. <b>MEATLOAF w/Mushroom Gravy</b> Garlic Mashed Potatoes Peas & Pearl Onions Cinnamon Apples White Wheat Bread Fruit Punch Milk	4. <b>PULLED PORK BBQ</b> Cole Slaw Pineapple Tidbits Orange Juice Milk	5. <b>CHICKEN CALVADOS w/Apple Brandy Sauce</b> White & Wild Rice Blend Seasoned Wax Beans Diced Peaches White Wheat Bread Orange Juice Milk	6. <b>SWEET &amp; SOUR CHICKEN MEATBALLS</b> Steamed Brown Rice Broccoli Salad Pineapple Tidbits White Wheat Bread Orange Juice Milk	7. <b>ROAST TURKEY w/Gravy</b> Scalloped Potatoes Green Peas Mandarin Oranges White Wheat Bread Fruit Punch Milk
10. <b>BEEF &amp; VEGETABLE SOUP</b> Chilled Pears White Wheat Bread Pineapple Juice Milk	11. <b>OLD BAY CHICKEN SANDWICH</b> Cream of Tomato Soup Pepper Slaw Sliced Apple Pack Milk	12. <b>ROAST PORK LOIN w/Mushroom Gravy</b> Braised Cabbage Buttered Lima Beans Fruit Cocktail White Wheat Bread Fruit Punch Chocolate Milk	13. <b>CHICKEN PARMESAN SANDWICH</b> Green Pea Salad Fresh Fruit Cup Orange Juice Fruited Yogurt w/topping	14. (SL) Sign up by 2/7 <b>ROAST EYE ROUND OF BEEF</b> Red Skinned Potatoes Green Bean Casserole Tossed Salad w/Dressing Dinner Roll Pie w/Whipped Topping Milk
17.  <b>PRESIDENTS DAY</b> <b>ALL CENTERS CLOSED</b>	18. <b>PINEAPPLE GLAZED HAM</b> Au Gratin Potatoes Glazed Carrots Greek Style Salad White Wheat Bread Fruit Punch Chocolate Milk	19. <b>POT ROAST OF BEEF w/Burgundy Gravy</b> Stew Cut Vegetables Mandarin Oranges White Wheat Bread Apple Juice Milk	20. <b>CHICKEN CORDON BLEU CASSEROLE</b> Yellow Rice Pilaf Wax/Green Bean Medley Cucumber Salad Dinner Roll Tomato Juice Milk	21. <b>AMERICAN CHEESEBURGER</b> Mixed Bean Creole Cole Slaw Cinnamon Apples Chocolate Milk
24. <b>ROASTED PORK LOIN w/Apple Cranberry Glaze</b> Mac & Cheese Dilled Carrots Broccoli Slaw White Wheat Bread Pineapple Juice Fruited Yogurt w/Topping	25. <b>TURKEY PEPPERJACK RANCH SANDWICH</b> Cream of Broccoli Soup Red Cabbage Slaw Apricot Halves Milk	26. <b>TERIYAKI CHICKEN BREAST</b> Brown Rice Pilaf Peas & Carrots Diced Pineapple White Wheat Bread Tomato Juice Milk	27. <b>MEATLOAF &amp; CHEESE SUB</b> Seasoned Greens Mandarin Oranges Fruit Juice Milk	28. <b>CHICKEN &amp; BEEF JAMBALAYA</b> Steamed Baby Carrots Peach Crisp White Wheat Bread Pineapple Juice 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) (February 14), 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.

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