

# HARFORD COUNTY SENIOR CENTERS LUNCH MENU - MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. <b>TUNA SANDWICH</b> Split Pea Soup Three Bean Salad Tropical Fruit Apple Juice Chocolate Milk	3. <b>ROASTED PORK LOIN</b> Tomato Basil Salad Seasoned Kale Mashed Potatoes White Wheat Bread Apple Slices Milk	4. <b>GRILLED CHICKEN BREAST</b> Harvest Rice Blend Wax & Green Beans White Wheat Bread Cinnamon Applesauce Orange Juice Milk	5. <b>ROAST TURKEY w/Gravy</b> Mashed Potatoes Harvard Beets Copper Pennies Fresh Fruit Cup Milk	6. <b>BEEF STROGANOFF</b> Yellow Rice Pilaf Mixed Vegetables White Wheat Bread Tropical Fruit Apple Juice Milk
9. <b>CURRIED CHICKEN SALAD</b> Multi Bean Soup Spinach & Tomato Salad Pepper Slaw White Wheat Roll Mandarin Oranges Chocolate Milk	10. <b>MEATLOAF w/Gravy</b> Garlic Mashed Potatoes Peas & Pearl Onions White Wheat Bread Cinnamon Apples Fruit Punch Milk	11. <b>PULLED PORK BBQ</b> Cole Slaw Pineapple Tidbits Orange Juice Milk	12. <b>CHICKEN CALVADOS</b> White & Wild Rice Blend Seasoned Wax Beans Diced Peaches White Wheat Bread Cranberry Juice Milk	13. <b>ALL CENTERS CLOSED</b>
16. <b>ROAST TURKEY w/Gravy</b> Mashed Potatoes Glazed Carrots Fresh Fruit Cup White Wheat Bread Apple Juice Chocolate Milk	17. (SL) Sign up by 3/10 <b>CORNED BEEF</b> Red Skin Potatoes Steamed Cabbage Copper Pennies Corn Muffin Cake Cranberry Juice Milk	18. <b>OLD BAY CHICKEN SANDWICH</b> Cream of Tomato Soup Pepper Slaw Sliced Apple Pack Milk	19. <b>ROAST PORK LOIN w/Mushroom Gravy</b> Braised Cabbage Buttered Lima Beans Fruit Cocktail White Wheat Bread Fruit Punch Chocolate Milk	20. <b>CHICKEN PARMESAN SANDWICH</b> Green Pea Salad Fresh Fruit Cup Orange Juice Fruited Yogurt w/crisp
23. <b>SALISBURY STEAK w/Gravy</b> Mashed Potatoes Seasoned Greens Moroccan Chickpea Salad White Wheat Bread Grape Juice Milk	24. <b>GRILLED CHICKEN PASTA SALAD</b> Served over Spinach Tomato Soup Corn Muffin Mandarin Oranges Milk	25. <b>PINEAPPLE GLAZED HAM</b> Au Gratin Potatoes Glazed Carrots Greek Style Salad White Whet Bread Fruit Punch Chocolate Milk	26. <b>POT ROAST OF BEEF w/Burgundy Gravy</b> Stew Cut Vegetables Mandarin Oranges White Wheat Bread Apple Juice Milk	27. <b>CHICKEN CORDON BLEU CASSEROLE</b> Yellow Rice Pilaf Wax & Green Beans Cucumber Salad Dinner Roll Tomato Juice Milk
30. <b>AMERICAN CHEESEBURGER</b> Mixed Bean Creole Cole Slaw Cinnamon Apples Orange Juice Chocolate Milk	31. <b>ROASTED PORK LOIN w/Apple Cranberry Glaze</b> Mac & Cheese Dilled Carrots Broccoli Slaw White Wheat Bread Pineapple Juice Fruited Yogurt w/Topping	<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) (March 17), 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. <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. 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>		

Barry Glassman  
Harford County Executive  
Amber Shrodes  
Director  
Dept. of Community Services

Office on Aging  
Harford County Department of Community Services  
www.harfordcountymd.gov 410.638.3025

