

HARFORD COUNTY SENIOR CENTERS LUNCH MENU - MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. CURRIED CHICKEN Pineapple & Raisin Salad Multi Bean Soup Dilled Carrots Hot Cinnamon Apples Chocolate Milk	2. SALISBURY STEAK w/Gravy Garlic Mashed Potatoes Peas & Pearl Onions Mandarin Oranges White Wheat Bread Fruit Punch & Milk	3. PULLED PORK BBQ Seasoned Navy Beans Cole Slaw Pineapple Tidbits Orange Juice Milk
6. CHICKEN CACCIATORE Brown Rice Pilaf Tri-Color Peppers & Onions Blend Diced Peaches White Wheat Bread Cranberry Juice Chocolate Milk	7. AMERICAN CHEESBURGER Orange Blossom Carrot Salad Midwest Baked Beans Peach Crisp Orange Juice Milk	8. ROAST TURKEY w/Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Cup White Wheat Bread Apple Juice Chocolate Milk	9. (SL) Sign up by 5/2 ROAST BEEF EYE ROUND Red Potato Chunks Harvard Beets Tossed Salad w/Dressing Fresh Melon Dinner Roll Pie w/Topping Milk	10. OLD BAY CHICKEN SANDWICH Cream of Tomato Soup Pepper Slaw Sliced Apple Snack Pack Milk
13. BAKED PORK CHOP w/ Mushroom Onion Gravy Braised Red Cabbage Scalloped Potatoes Tropical Fruit White Wheat Bread Fruit Punch Chocolate Milk	14. CHICKEN MARBELLA Yellow Rice Pilaf Green Beans Fresh Fruit Cup White Wheat Bread Orange Juice Fruited Yogurt w/Topping	15. ITALIAN SYLE MEATLOAF w/Marinara Sauce & Mozzarella Cheese Seasoned Greens Moroccan Chickpea Salad Mandarin Oranges Grape Juice Milk	16. GRILLED CHICKEN & PASTA SALAD Cream of Broccoli Soup Corn Muffin Blueberry/Pear Crisp Milk	17. HOT HAM & SWISS SANDWICH Greek Style Salad Steamed Dilled Carrots Sliced Apple Snack Pack Chocolate Milk
20. SLICED BEEF POT ROAST w/Red Wine Gravy Garlic Mashed Potatoes Stew Cut Vegetables Mandarin Oranges White Wheat Bread Apple Juice & Milk	21. CHICKEN FAJITAS Spanish Rice Pico de Gallo Fiesta Black Beans Mexican Corn & Cabbage Milk	22. PINEAPPLE BAKED HAM Seasoned Greens Moroccan Chickpea Salad Mandarin Oranges Grape Juice Milk	23. (SL) Sign up by 5/16 CHEESEBURGER Baked Beans Cole Slaw Fresh Fruit Milk	24. TURKEY, VEGETABLE & POTATO STEW Spinach Salad Cinnamon Apples Corn Muffin Milk
27. ALL SENIOR CENTERS CLOSED FOR MEMORIAL DAY	28. ROAST PORTK LOIN w/Dijon Mustard Sauce Italian Tomato Basil Salad Au Gratin Potatoes Green Beans/Mushrooms White Wheat Dinner Roll Sliced Apple Snack Pack Milk	29. CHICKEN, RICE & BROCOLLI CASSEROLE Fresh Fruit Cup White Wheat Bread Fruit Juice Milk	30. TUNA SANDWICH Split Pea Soup Orange Blossom Carrot Salad Tropical Fruit Apple Juice Chocolate Milk	31. BEEF & MACARONI Peas & Pearl Onions Mandarin Oranges White Wheat Bread Fruit 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) (May 9 & 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. **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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