

HARFORD COUNTY SENIOR CENTERS LUNCH MENU - JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. VENETIAN CHICKEN BREAST w/Tarragon Shallot Sauce Wild Rice Blend Wax & Green Bean Medley Cinnamon Applesauce White Wheat Bread Orange Juice Milk	4. OPEN FACE TURKEY SANDWICH w/Gravy Mashed Potatoes Harvard Beets Copper Pennies Fresh Fruit Cup Chocolate Milk	5. BEEF BURGUNDY Mushroom Barley Pilaf Mixed Vegetables Tropical Fruit White Wheat Bread Apple Juice Milk	6. CURRIED CHICKEN Pineapple & Raisin Salad Multi Bean Soup Baby Spinach Grape Tomatoes Dilled Carrots Hot Cinnamon Apples White Wheat Bread Chocolate Milk	7. SALISBURY STEAK w/Gravy Garlic Mashed Potatoes Peas & Pearl Onions Mandarin Oranges White Wheat Bread Fruit Punch Milk
10. PULLED PORK BBQ Seasoned Navy Beans Cole Slaw Pineapple Tidbits Orange Juice Milk	11. CHICKEN CACCIATORE Brown Rice Pilaf Tri-Color Peppers & Onion Diced Peaches White Wheat Bread Cranberry Juice Chocolate Milk	12. AMERICAN CHEESEBURGER Orange Blossom Carrots Midwest Baked Beans Peach Crisp Orange Juice Milk	13. ROAST TURKEY w/Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Cup White Wheat Bread Apple Juice Chocolate Milk	14. ALL CENTERS CLOSED FOR QUARTERLY STAFF MEETING & TRAINING
17. OLD BAY GRILLED CHICKEN SANDWICH Cream of Tomato Soup Pepper Slaw Sliced Apple Snack Pack Milk	18. BAKED PORK CHOP w/ Mushroom Onion Gravy Braised Red Cabbage Scalloped Potatoes Tropical Fruit White Wheat Bread Fruit Punch Chocolate Milk	19. CHICKEN MARBELLA Yellow Rice Pilaf Green Beans Fresh Fruit Cup White Wheat Bread Orange Juice Fruited Yogurt w/topping	20. ITALIAN STYLE MEATLOAF w/Marinara Sauce & Mozzarella Cheese Seasoned Greens Moroccan Chickpea Salad Mandarin Oranges Dinner Roll Grape Juice Milk	21. GRILLED CHICKEN & PASTA SALAD Served on Baby Spinach Cream of Broccoli Soup Corn Muffin Blueberry/Pear Crisp Milk
24. HOT HAM & SWISS SANDWICH Greek Style Salad Steamed Dilled Carrots Sliced Apple Snack Pack Chocolate Milk	25. SLICED BEEF POT ROAST w/Red Wine Gravy Garlic Mashed Potatoes Stew Cut Vegetables Mandarin Oranges White Wheat Bread Apple Juice Milk	26. CHICKEN FAJITAS PLATTER Spanish Rice Pico de Gallo Fiesta Black Beans Mexican Corn & Cabbage Milk	27. PINEAPPLE BAKED HAM Seasoned Green Beans Broccoli Slaw w/Cranberry Orange Dressing White Wheat Bread Grape Juice Fruited Yogurt w/topping	28. CHEDDAR CHEESEBURGER Cole Slaw Glazed Carrots Orange 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) (No designated SL in June), 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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