

HARFORD COUNTY SENIOR CENTERS LUNCH MENU - OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. HERBED ROAST BEEF w/Burgundy Gravy Au Gratin Potatoes Wax/Green Bean Blend Tropical Fruit White Wheat Dinner Roll Pineapple Juice & Milk	2. OLD BAY CHICKEN BREAST SANDWICH Tomato Basil Soup Pepper Slaw Sliced Apple Pack Chocolate Milk	3. ROAST TURKEY w/Gravy Mashed Potatoes Mixed Vegetables Fruit Cup White Wheat Bread Apple Juice & Milk	4. AMERICAN CHEESEBURGER Carrot & Raisin Salad Mixed Bean Creole Apple Crisp Orange Juice Milk
7. ROAST PORK LOIN w/Sweet Onion Gravy Scalloped Potatoes Braised Red Cabbage Fruit Cocktail White Wheat Bread Fruit Punch & Choc. Milk	8. ITALIAN STYLE ARMESAN CHICKEN BREAST w/Pasta Green Beans Fresh Fruit Cup White Wheat Bread Orange Juice Fruited Yogurt w/Crisp	9. HOMESTYLE MEATLOAF w/Gravy Garlic Mashed Potatoes Peas & Pearl Onions Diced Peaches White Wheat Bread Grape Juice & Milk	10. GRILLED CHICKEN & PASTA SALAD Over Baby Spinach Cream of Broccoli Soup Chilled Apricots Corn Muffin Milk	11. HAM, GREEN BEANS & POTATO CASSEROLE Moroccan Chickpea Salad Cinnamon Applesauce White Wheat Bread Fruit Juice Chocolate Milk
14. BEEF POT ROAST w/Chasseur Sauce Garlic Mashed Potatoes Stew Cut Vegetables Mandarin Oranges White Wheat Bread Apple Juice & Milk	15. BBQ CHICKEN SANDWICH House Made Slaw Black-eyed Peas Hot Baked Apple Slices Cranberry Juice Milk	16. SWEDISH MEATBALLS Brown Rice Pilaf Glazed Carrots Sweet & Sour Bean Salad White Wheat Bread Orange Juice Fruited Yogurt w/Crisp	17. PINEAPPLE BAKED HAM Seasoned Green Beans Mac & Cheese Broccoli Salad with Cranberry Dressing White Wheat Bread Grape Juice & Choc. Milk	18. HEARTY BEEF STEW Spinach Salad w/Tomato Cinnamon Apples Corn Muffin Milk
21. HONEY-LEMON CHICKEN Fried Brown Rice Tri-Color Peppers & Onion Cucumber & Onion Salad Diced Pineapple White Wheat Bread Tomato Juice & Milk	22. (SL) Sign up by 10/15 BRATWURSTS w/Peppers & Onions Braised Red Cabbage Mashed Potatoes Waldorf Style Salad Cake Apple Cider & Milk	23. TARRAGON CREAM CHICKEN BREAST Wild Rice Blend Wax/Green Bean Medley Cinnamon Applesauce White Wheat Bread Orange Juice & Milk	24. TUNA SANDWICH Tomato Multi-bean Soup Orange Blossom Carrot Salad Tropical Fruit Apple Juice Chocolate Milk	25. SOUTHWEST BEEF & MAC CASSEROLE Peas & Pearl Onions Mandarin Oranges Fruit Juice Milk
28. CHICKEN CORDON BLUE SANDWICH Red Cabbage Slaw Pineapple Tidbits Grape Juice Milk	29. OPEN FACE TURKEY SANDWICH w/Gravy Mashed Potatoes Harvard Beets Broccoli Salad Fruit Cup Chocolate Milk	30. ROAST EYE ROUND w/Swedish Sauce Mushroom Barley Pilaf Mixed Vegetables Tropical Fruit White Wheat Bread Apple Juice & Milk	31. CHICKEN CAESAR WRAP Navy Bean Soup Orange Blossom Carrot Salad Apple Slices Grape Juice Chocolate 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) (October 22), 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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