

# HARFORD COUNTY SENIOR CENTERS LUNCH MENU - NOVEMBER 2019

**MONDAY**                      **TUESDAY**                      **WEDNESDAY**                      **THURSDAY**                      **FRIDAY**

**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) (November 26), 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.*

<p>4. <b>CAROLINA GOLD PULLED PORK</b> Mixed Bean Creole Homemade Cole Slaw Apricot Halves Orange Juice Milk</p>	<p>5. <b>CHICKEN CACCIATORE</b> Brown Rice Pilaf Pepper &amp; Onion Blend Diced Peaches White Wheat Bread Cranberry Juice Milk</p>	<p>6. <b>HERBED ROAST BEEF w/Burgundy Gravy</b> Au Gratin Potatoes Wax/Green Bean Blend Tropical Fruit White Wheat Dinner Roll Pineapple Juice &amp; Milk</p>	<p>7. <b>OLD BAY CHICKEN SANDWICH</b> Cream of Tomato Soup Pepper Slaw Sliced Apple Pack Chocolate Milk</p>	<p>1. <b>SALISBURY STEAK w/Beef Gravy</b> Scalloped Potatoes Peas &amp; Pearl Onions Mandarin Oranges White Wheat Bread Apple Juice Milk</p>
<p>11.  <b>VETERANS DAY</b> *** HONORING ALL WHO SERVED *** <b>ALL CENTERS CLOSED</b></p>	<p>12. <b>ROAST PORK LOIN w/Sweet Onion Gravy</b> Scalloped Potatoes Braised Red Cabbage Fruit Cocktail White Wheat Bread Fruit Punch Chocolate Milk</p>	<p>13. <b>ITALIAN STYLE PARMESAN CHICKEN Over Pasta</b> Green Beans Fresh Fruit Cup White Wheat Bread Orange Juice Fruited Yogurt w/Crisp</p>	<p>14. <b>HOMESTYLE MEATLOAF w/Gravy</b> Garlic Mashed Potatoes Peas &amp; Pearl Onions Diced Peaches White Wheat Bread Grape Juice &amp; Milk</p>	<p>15. <b>GRILLED CHICKEN &amp; PASTA SALAD</b> Baby Spinach Cream of Broccoli Soup Chilled Apricots Corn Muffin Milk</p>
<p>18. <b>HAM, GREEN BEAN &amp; POTATO CASSEROLE</b> Moroccan Chickpea Salad Cinnamon Applesauce White Wheat Bread Fruit Juice Chocolate Milk</p>	<p>19. <b>BEEF POT ROAST w/Chasseur Sauce</b> Garlic Mashed Potatoes Stew Cut Vegetables Mandarin Oranges White Wheat Bread Apple Juice Milk</p>	<p>20. <b>BBQ CHICKEN SANDWICH</b> House Made Slaw Black-eyed Peas Hot Baked Apple Slices Cranberry Juice Milk</p>	<p>21. <b>SWEDISH MEATBALLS</b> Brown Rice Pilaf Glazed Carrots Sweet &amp; Sour Bean Salad White Wheat Bread Orange Juice Fruited Yogurt w/Crisp</p>	<p>22. <b>PINEAPPLE BAKED HAM</b> Seasoned Green Beans Mac &amp; Cheese Broccoli Salad w/Cranberry Dressing White Wheat Bread Grape Juice Chocolate Milk</p>
<p>25. <b>HEARTY BEEF STEW</b> Spinach Salad w/Tomato Cinnamon Apples Corn Muffin Milk</p>	<p>26. (SL) Sign up by 11/19 <b>ROAST TURKEY BREAST w/Gravy</b> Bread Stuffing Green Beans Cranberry Sauce Fruit Cocktail Pie w/Topping Milk</p>	<p>27. <b>ROAST PORK LOIN w/Dijon Mustard Gravy</b> Au Gratin Potatoes Italian Tomato Basil Salad Dilled Carrots White Wheat Dinner Roll Sliced Apple Snack Pack Milk</p>	<p>28.  <b>Happy Thanksgiving</b> <b>ALL CENTERS CLOSED</b></p>	<p>29. <b>ALL CENTERS CLOSED</b></p>