


HARFORD COUNTY SENIOR CENTERS | Havre de Grace Senior Activity Center

LUNCH MENU - JANUARY 2026

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) (January 15), you must sign up 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. Lunch is served at 12:00 p.m. in the dining room and includes an 8 oz. carton of milk. Lunch cost: Age 60 and over: \$4.00 is the suggested donation. Under Age 60: there is a \$7.00 charge for lunch. <i>Vegetarian lunch option is available; Please see the front desk for details and to sign up.</i>			1.  ALL CENTERS CLOSED	2. ROASTED PORK LOIN w/Dijon Cream Sauce Garlic Mashed Potatoes Okra & Tomatoes WGR White Wheat Bread Fruit Cocktail Fruit Punch Chocolate Milk 838 cal
5. ITALIAN SAUSAGE & CHEESE SUB w/Peppers & Onions WGR Roll Red Cabbage Slaw Fruited Yogurt Pineapple Juice 781 cal	6. CHICKEN BREAST FRICASSEE Brown Rice Pilaf Mixed Vegetables WGR White Wheat Bread Apple Slices Grape Juice Milk 626 cal	7. Young at Heart Lunch For Members Only	8. REUBEN SAMMY CASSEROLE Zucchini & Tomatoes WGR White Wheat Bread Fruit Cocktail Grape Juice Chocolate Milk 794 cal	14. BBQ CHICKEN SANDWICH WGR Roll Cream of Broccoli Soup w/Crackers Fresh Cole Slaw Fruited Yogurt w/Granola Apple Juice 859 cal
12. SLICED HAM w/Raisin Sauce Au Gratin Potatoes Honey Maple Carrots WGR White Wheat Bread Pineapple Tidbits Fruit Punch Chocolate Milk 652 cal	13. MARRY ME CHICKEN BREAST Lemon Rice Pilaf Seasoned Green Beans WGR White Wheat Bread Cinnamon Apple Slices Cranberry Apple Juice Milk 638 cal	14. TUNA SALAD SANDWICH WGR White Wheat Bread Lettuce & Tomato Lentil & Spinach Soup w/Crackers Corn & Edamame Salad Applesauce Milk 806 cal	15. (SL) Sign up by 1/8 Cabin Fever Special Meal BROCCOLI & CHEESE STUFFED CHICKEN Mashed Potatoes w/Gravy Green Bean Casserole Apple Pie w/Whipped Cream Milk 1033 cal	16. CREAMY CHICKEN PICCATA WGR Brown Rice Buttered Carrots Green Pea & Red Pepper Salad WGR White Wheat Bread Apple Juice Chocolate Milk 862 cal
19.  Martin Luther King Jr. Day ALL CENTERS CLOSED	20. TUNA NOODLE CASSEROLE Chickpea & Tomato Salad WGR White Wheat Bread Hot Cinnamon Apples Tomato Juice Milk 815 cal	21. CHICKEN BREAST w/Ranch Cream Sauce Yellow Rice Pilaf Peas & Carrots WGR Wheat Italian Roll Pineapple Tidbits Orange Juice Milk 672 cal	22. MEATBALL & CHEESE SUB WGR Italian Roll Seasoned Green Beans Mandarin Oranges Fruit Juice Milk 623 cal	23. CHICKEN ALFREDO Zucchini & Tomatoes Cinnamon Applesauce Fruited Yogurt w/Granola Orange Juice 855 cal
26. ROASTED PORK LOIN w/ Creamy Mushroom Sauce Garlic Mashed Potatoes German Cucumber Salad WGR Roll Sliced Apple Pack Chocolate Milk 547 cal	27. GRILLED CHICKEN CAESAR SALAD Split Pea Soup w/Crackers WGR Cornbread Hot Spiced Apples Milk 769 cal	28. MEATLOAF w/Gravy WGR Brown Rice Seasoned Green Beans WGR White Wheat Bread Diced Peaches Pineapple Orange Juice Milk 889 cal	29. Anytime Meal CHICKEN SALAD on a WGR Roll Potato Salad Three Bean Salad Mandarin Oranges Juice Milk 866 cal	30. SLICED CORNED BEEF w/Mustard Dill Sauce Mashed Potatoes Braised Red Cabbage Corn & Pea Salad WGR White Wheat Bread Tropical Fruit Milk 993 cal



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