

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>				
5. ITALIAN SAUSAGE & CHEESE SUB w/Peppers & Onions WGR Roll Red Cabbage Slaw Fruited Yogurt Pineapple Juice	6. CHICKEN BREAST FRICASSEE Brown Rice Pilaf Mixed Vegetables WGR White Wheat Bread Apple Slices Grape Juice Milk	7. SALISBURY STEAK w/Mushroom Gravy Herb Roasted Potatoes Seasoned Greens Amish Navy Bean Salad White Wheat Bread Apple Juice Milk	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
12. SLICED HAM w/Raisin Sauce Au Gratin Potatoes Honey Maple Carrots WGR White Wheat Bread Pineapple Tidbits Fruit Punch Chocolate Milk	13. MARRY ME CHICKEN BREAST Lemon Rice Pilaf Seasoned Green Beans WGR White Wheat Bread Cinnamon Apple Slices Cranberry Apple Juice Milk	14. TUNA SALAD SANDWICH WGR White Wheat Bread Lettuce & Tomato Lentil & Spinach Soup w/Crackers Corn & Edamame Salad Applesauce Milk	8. REUBEN SAMMY CASSEROLE Zucchini & Tomatoes WGR White Wheat Bread Fruit Cocktail Grape Juice Chocolate Milk	14. BBQ CHICKEN SANDWICH WGR Roll Cream of Broccoli Soup w/Crackers Fresh Cole Slaw Fruited Yogurt w/Granola Apple Juice
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	21. CHICKEN BREAST w/Ranch Cream Sauce Yellow Rice Pilaf Peas & Carrots WGR Wheat Italian Roll Pineapple Tidbits Orange Juice Milk	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	16. CREAMY CHICKEN PICCATA WGR Brown Rice Buttered Carrots Grean Pea & Red Pepper Salad WGR White Wheat Bread Apple Juice Chocolate Milk
26. ROASTED PORK LOIN w/ Creamy Mushroom Sauce Garlic Mashed Potatoes German Cucumber Salad WGR Roll Sliced Apple Pack Chocolate Milk	27. GRILLED CHICKEN CAESAR SALAD Split Pea Soup w/Crackers WGR Cornbread Hot Spiced Apples Milk	28. MEATLOAF w/Gravy WGR Brown Rice Seasoned Green Beans WGR White Wheat Bread Diced Peaches Pineapple Orange Juice Milk	29. GREEK CHICKEN GRAIN BOWL w/Barley, Chicken, Cucumber Salad & Feta Cheese Apricot Halves Apple Juice Milk	30. SLICED CORNED BEEF w/Mustard Dill Sauce Mashed Potatoes Braised Red Cabbage Corn & Pea Salad WGR White Wheat Bread Tropical Fruit Milk



BOB CASSILLY
Harford County Executive
Barbara W. Richardson
Director

Harford County Housing & Community Services
Office on Aging

www.harfordcountymd.gov/services | 410.638.3025