

St. Mary's County Department of Aging



February 2010-Menu

| Mon | Tue | Wed | Thu | Fri |
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| 1 Menu Cycle 1 Tossed Salad w/ lite Dressing, Beef Stew (10 oz), Broccoli, Corn Muffin (2-Ripp), Pineapple | 2 Cranberry Juice, Tossed Salad w/ lite Dressing, Spaghetti w/Meat Sauce (10 oz.), Italian Bread, Baked Apple Slices, Parmesan Cheese | 3 Orange Juice, 5-Spice Chicken, Parslied New Potatoes, Zucchini & Tomatoes, WW Dinner Roll (2-Ripp) Apricots | 4 Pineapple Juice, Taco Salad w/ Lettuce & Tomato, Mexican Rice, Salsa, Apple Pie w/ whipped topping | 5 Minestrone Soup, Saltines, Tuna Fish Sandwich on WW Bread w/Lettuce & Tomato Slices, Cole Slaw, Fruit Cup |
| 8 Menu Cycle 2 Fruit Juice Blend, Chili (6 oz.), Carrots, Brown Rice, Corn Bread, Mandarin Oranges | 9 Tomato Soup, Saltines, Lemon Chicken Leg, Whipped Sweet Potatoes, Green Beans, WW Dinner Roll, Apricots | 10 Cranberry Juice, Pork Roast, Gravy, Mashed Potatoes, Mixed Vegetables, WW Dinner Roll (2-Ripp), Applesauce | 11 Tossed Salad w/ lite Dressing, Lasagna w/Meat Sauce (8 oz.), Seasoned Kale, French Bread, Peaches | 12 Caesar Salad w/Garlic Croutons & Dressing, Creamy Shrimp Bisque, Glazed Ham Steak, Rice Pilaf w/Carrots & Peas, Sautéed Zucchini, Fresh Strawberries & Pineapple |
| 15 Menu Cycle 3 Holiday-Centers closed No MOW | 16 Cranberry Juice, Jumbalaya (10 oz.), Black Bean Salad, Cornbread Muffins, Peaches, Banana Pudding | 17 Orange Juice, Lemon Pepper Fish, O'Brien Potatoes, Seasoned Spinach, WW Dinner Roll (2-Ripp), Fruit Cup | 18 Fruit Juice Blend, Chicken Salad (4 oz.), Cottage Cheese (2 oz.), Peaches, Pineapple, WW Bread (1 sl.), Oatmeal Cookie | 19 Fruit Juice Blend, Tuna Fish Sandwich on WW Bread w/Lettuce & Tomato, Cole Slaw, Apricots |
| 22 Menu Cycle 4 Tossed Salad w/ lite Dressing, Fried Liver & Onions, Gravy, Mashed Potatoes, Peas & Carrots, WW Dinner Roll (2-Ripp), Peaches | 23 Fruit Juice Blend, Meatloaf (4 oz.), Gravy, Succotash, Seasoned Greens, WW Dinner Roll, Orange Sections | 24 Tomato Soup, Saltines, Baked Ham, Glazed Sweet Potatoes, Brussel Sprouts, WW Dinner Roll, Yogurt (2 oz.), Fresh Fruit Cup | 25 Cranberry Juice, BBQ Chicken, Baked Beans, Dilled Carrots w/ Snow Peas, WW Dinner Roll, Jell-O, Fruit Cocktail | 26 Split Pea Soup, Saltines, Spinach Baked Fish (7 oz.), Baked Potato, Green Beans, WW Dinner Roll (2-Ripp), Peaches |

All meals served with 1% Milk and Margarine.

To make or cancel a meal reservation, please call 301-475-4200, Ext. 1050 by noon the day before.