

St. Mary's County

Department of Aging & Human Services

Menu

December 2017



Mon	Tue	Wed	Thu	Fri
<p>Menu Cycle 3</p> 				<p>1 Orange Juice, Chicken Caesar Salad w/Romaine Lettuce (8 oz.) & Grilled Chicken Strips (3 oz.), Chickpeas (4 oz.) & Dressing, WW Dinner Roll, Fresh Apple Slices</p>
<p>4 Menu Cycle 4 Tossed Salad w/ Dressing, Chicken Salad (4 oz.) Sandwich on WW Bread w/ Lettuce & Tomato Slices, 3-Bean Salad w/ Green Pepper, Pineapple Chunks</p>	<p>5 Low sodium V-8 Juice, Low sodium Polish Sausage on a Bun, Chopped Onions (2 oz.), Cucumber & Tomato Salad, Applesauce, Chocolate Chip Cookies (2 ea.)</p>	<p>6 Tossed Salad w/ Kidney Beans & Dressing, Chicken Divine over Rice, Broccoli, WW Dinner Roll, Angel Food Cake w/Strawberries (4 oz.)</p>	<p>7 Cranberry Juice, Tuna Pasta Salad (12 oz.) w/Peas on Lettuce (2 sl.), Pickled Beets & Onions, WW Dinner Roll, Fresh Orange Slices</p>	<p>8 Orange Juice, Sloppy Joes (4 oz.) on a Bun, Cole Slaw, Carrots, Pears</p>
<p>11 Menu Cycle 5 Pineapple Juice, Meatloaf (4 oz.), Gravy, Mashed Potatoes, Seasoned Greens, WW Dinner Roll, Peach Crisp</p>	<p>12 Apple Juice, Beef Tips in Gravy over Buttered Egg Noodles, Honey Glazed Carrots, WW Dinner Roll, Citrus Fruit Cup</p>	<p>13 Fruit Juice Blend, Oven Fried Chicken, Spinach, Wax Beans, WW Dinner Roll, Rice Pudding w/Raisins</p>	<p>14 Fruit Juice Blend, Tossed Salad w/1/4 c. Chickpeas, Dressing, Egg Salad Sandwich on WW Bread w/Lettuce & Tomato Slices, Banana</p>	<p>15 Apple Juice, Chicken Cordon Bleu, Cranberry Sauce, Mashed Potatoes, Gravy, Broccoli, Green Beans, WW Dinner Roll, Pound Cake w/ Cherry Topping</p>
<p>18 Menu Cycle 6 Fruit Juice Blend, Tossed Salad w/ Chickpeas & Dressing, Salisbury Steak, Gravy, Mashed Potatoes, Carrots, WW Dinner Roll, Brownie</p>	<p>19 Fruit Juice Blend, Roast Beef, Gravy, Spinach, Baked Potato, Sour Cream, WW Dinner Roll, Peaches</p>	<p>20 Apple Juice, Turkey, Stuffing, Cranberry Sauce, Mashed Potatoes, Gravy, Broccoli, WW Dinner Roll, Fruited Jell-O (6 oz.)</p>	<p>21 Applesauce w/ Cinnamon, Pork Roast, Gravy, Whipped Sweet Potatoes, California Blend (1 c.), WW Dinner Roll, Pudding</p>	<p>22 Pineapple Juice, Spicy Chicken & Rice Bake (11 oz.), Kale, WW Dinner Roll, Yogurt (2 oz.), Grapes</p>
<p>25 Menu Cycle 7 Holiday-Centers Closed No Home Delivered Meals</p>	<p>26 Tossed Salad w/Chickpeas & Dressing, Chicken, Shrimp & Low Sodium Sausage Gumbo (10 oz.), Kale, WW Dinner Roll, Mandarin Oranges</p>	<p>27 Low Sodium V-8 Juice, Pork Chop (5 oz.) w/Cinnamon Spiced Applesauce (2 oz.), Mashed Sweet Potatoes, Brussel Sprouts, WW Dinner Roll, Pineapple</p>	<p>28 Pineapple Juice, Tuna Salad (4 oz.) Sandwich in a WW Pita Pocket w/Lettuce & Tomato Slices, Coleslaw, Whole Baked Apple w/Raisins</p>	<p>29 Orange Juice, Tossed Salad w/Chick Peas & Dressing, Chicken Pot Pie (10 oz.), Lima Beans, WW Dinner Roll, Pudding</p>

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.
Brought to you by the Commissioners of St. Mary's County and the Department of Aging & Human Services.

A donation toward the cost of your meal is appreciated if you are 60 years of age or older;
for those under 60, the cost of the meal is \$6.