

St. Mary's County Department of Aging & Human Services



August 2018 Menu

Mon	Tue	Wed	Thu	Fri
Menu Cycle 6		1 Apple Juice, Pork Roast, Gravy, Mashed Sweet Potatoes, Broccoli, WW Dinner Roll, Crushed Pineapple	2 Low sodium V8 Juice, Chicken Salad (4 oz.) in a WW Pita Pocket w/Lettuce & Tomato Slices, Carrot/Pineapple Slaw, Strawberries	3 Apple Juice, Turkey & Swiss Cheese Sandwich on WW Bread w/ Lettuce & Tomato, Carrot/Cucumber Slices, Cantaloupe, Choc. Chip Cookie, Condiments, Ranch Dressing
6 Menu Cycle 7 Orange Juice, Fish Patty (4 oz.) Sandwich on a Bun w/Lettuce & Tomato, Marinated Cucs & Onions, Mediterranean Chick Pea Salad, Applesauce, Condiments	7 Tossed Salad w/Dressing, Egg Salad (4 oz.) Sandwich on WW Bread w/Lettuce & Tomato, Pickled Beets, Cubed Cantaloupe	8 Pineapple Juice, Oven Fried Chicken, Baked Sweet Potato, Seasoned Spinach, WW Dinner Roll, Fruited Jell-O (6 oz.)	9 Stuffed Pepper, California Blend, Corn, WW Dinner Roll, Strawberries	10 Sweet & Sour Pork (8 oz.) over Brown Rice, Mashed Sweet Potatoes, Broccoli, WW Dinner Roll, Pineapple Tidbits, Pineapple Upside
13 Menu Cycle 8 Tossed Salad w/ Dressing, Herb-Lemon Fish, O'Brien Potatoes, Seasoned Kale, WW Dinner Roll, Fruited Jell-O (6 oz.)	14 Apple Juice, Pulled Pork Sandwich on a Bun, Coleslaw, Corn, Cantaloupe, Iced Yellow Cake	15 Pineapple Juice, Chicken Salad (3 oz.) on a Bed of Lettuce w/Hard Boiled Egg, Tomato Wedges, 3-Bean Salad, WW Dinner Roll, Watermelon	16 Orange Juice, Turkey, Gravy, Stuffing, Mashed Potatoes, Carrots, WW Dinner Roll, Cubed Cantaloupe	17 Pineapple Juice, Cheeseburger on a Bun w/Lettuce/Tomato/Onion Slices, Baked Beans, Cole Slaw, Seedless Watermelon, Condiments
20 Menu Cycle 1 Orange Juice, 5-Spice Chicken, Rice Pilaf, Zucchini, WW Dinner Roll, Crushed Pineapple	21 Low sodium V8 Juice, Tuna Salad (4 oz.) in a WW Pita w/ Lettuce & Tomato, Mediterranean Chick Pea Salad, Broccoli Salad, Fruited Jell-O (6 oz.)	22 Pork Stir Fry (10 oz.) over Brown Rice, Spinach, WW Dinner Roll, Pineapple Chunks	23 Apple Juice, Turkey & Swiss Cheese Sandwich on WW Bread w/ Lettuce & Tomato, 3-Bean Salad, Cubed Cantaloupe, Condiments	24 Stuffed Cabbage in Tomato Sauce, Beets, WW Dinner Roll, Applesauce
27 Menu Cycle 2 Hot Spiced Apples, Pork Roast, Gravy, Lima Beans, Broccoli, WW Dinner Roll, Cubed Cantaloupe	28 Cranberry Juice, Tossed Salad w/Dressing, Roast Beef & Swiss Cheese Sandwich on a Deli Roll w/Lettuce & Tomato, Mandarin Oranges, Condiments	29 Tossed Salad w/Italian Dressing, Lasagna w/Meat Sauce (8 oz.), Seasoned Kale, French Bread, Peaches	30 Lemon Chicken, Brown Rice, Green Beans, Carrots, WW Dinner Roll, Oranges Slices	31 Orange Juice, Bean Soup, Tuna Pasta Salad (8 oz.), Marinated Cucumbers & Onions, WW Dinner Roll, Seedless Watermelon

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.

Your meal cost the Department \$6. If you are 60 years of age or older, a donation toward the cost of your meal is appreciated; if you are under the age of 60, the cost of the meal is \$6.

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