

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

Menu-October 2017

Mon	Tue	Wed	Thu	Fri
<p>2 Menu Cycle 3 Baked Ham, Glazed Sweet Potatoes, Brussel Sprouts, Tomato Wedge Salad, WW Dinner Roll, Fresh Fruit Cup</p>	<p>3 Apple Juice, Stuffed Shells (2 lg) w/ Tomato Sauce (4 oz.), Seasoned Spinach, Garlic Bread, Fruited Jell-O (6 oz.)</p>	<p>4 Minestrone Soup, Crackers, Tossed Salad w/Dressing, Beef Tips in Gravy w/ Onions & Green Peppers (10 oz.) over Egg Noodles, WW Bread (1 sl.), Mandarin Oranges</p>	<p>5 Pineapple Juice, Pork Roast, Gravy, Glazed Sweet Potatoes, Cabbage, WW Dinner Roll, Peaches</p>	<p>6 Low sodium V8 Juice, Cheeseburger on a Bun w/Lettuce/Tomato/Onion Slices, Orange & Pineapple Salad, Banana</p>
<p>9 Menu Cycle 4 Holiday-Centers closed. No Home Delivered Meals</p>	<p>10 Low sodium V8 Juice, Low sodium Polish Sausage on a Bun, Chopped Onions (2 oz.), Cucumber & Tomato Salad, Applesauce, Chocolate Chip Cookies (2 ea.)</p>	<p>11 Tossed Salad w/ Kidney Beans & Salad Dressing, Chicken Divine, Rice, Broccoli, WW Dinner Roll, Angel Food Cake w/ Strawberries</p>	<p>12 Cranberry Juice, Tuna Pasta Salad w/Green Peas (10 oz.) on a bed of Lettuce, Pickled Beets & Onions, WW Dinner Roll, Fresh Orange Slices</p>	<p>13 Orange Juice, Sloppy Joes (4 oz.) on a WW Bun, Cole Slaw, Carrots, Pears</p>
<p>16 Menu Cycle 5 Pineapple Juice, Meatloaf (4 oz.), Gravy, Mashed Potatoes, Seasoned Greens, WW Dinner Roll, Peach Crisp</p>	<p>17 Low sodium V8 Juice, BBQ Chicken Leg, Oven Roasted Red Potatoes & Onions, Roasted Carrots, WW Dinner Roll, Baked Apples</p>	<p>18 Apple Juice, Beef Tips in Gravy (6 oz.) over Buttered Egg Noodles, Honey Glazed Carrots, Lima Beans, WW Dinner Roll, Citrus Fruit Cup</p>	<p>19 Fruit Juice Blend, Oven Fried Chicken, Spinach, Wax Beans, WW Dinner Roll, Rice Pudding (2 Tsp. Raisins)</p>	<p>20 Orange Juice, Tossed Salad w/ Dressing, Egg Salad Sandwich on WW Bread w/Lettuce & Tomato Slices, Banana</p>
<p>23 Menu Cycle 6 Low sodium V8 Juice, Turkey & Swiss Cheese Sandwich on WW Bread w/Lettuce & Tomato Slices, Cole Slaw, Citrus Cup, Condiments</p>	<p>24 Pineapple Juice, Spicy Chicken & Rice Bake (11 oz.), Kale, WW Dinner Roll, Yogurt (2 oz.), Grapes</p>	<p>25 Cranberry Juice, Pot Roast (12 oz. to include Potatoes, Carrots, Onions), WW Bread, Mandarin Oranges</p>	<p>26 Applesauce w/ Cinnamon, Roast Pork, Gravy, Whipped Sweet Potatoes, California Blend (1 c.), WW Dinner Roll, Pudding</p>	<p>27 Tossed Salad w/ 1/4 c. Chick Peas, Dressing, Lemon Chicken, Brown Rice, Brussel Sprouts, WW Dinner Roll, Peaches</p>
<p>30 Menu Cycle 7 Tossed Salad w/ 1/4 c. Chick Peas, Dressing, Chicken & shrimp Gumbo (10 oz.), Seasoned Kale, WW Dinner Roll, Mandarin Oranges</p>	<p>31 Pineapple Juice, Meatloaf, Mashed Potatoes, Gravy, Seasoned Greens, WW Dinner Roll, Peach Crisp</p>			 <p>ST. MARY'S COUNTY DEPARTMENT OF AGING & HUMAN SERVICES Working Together ~ Caring About You</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.

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.

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