

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

## June 2017 Menu

Mon	Tue	Wed	Thu	Fri
<b>Menu Cycle 1</b>  			<b>1</b> V8 Juice, Tuna (4 oz.) Salad Sandwich in a WW Pita w/Lettuce & Tomato Slices, Mediterranean Chick Pea Salad, Cuc. & Tomato Salad, Fruited Jell-O	<b>2</b> Apple Juice, Turkey & Cheese Sandwich on WW Bread w/Lettuce & Tomato, 3-Bean Salad, Cubed Cantaloupe, Condiments
<b>5 Menu Cycle 2</b> V8 Juice, Roast Beef & Swiss Cheese Sandwich on WW Bread w/Lettuce & Tomato Slices, Carrot Pineapple Slaw, Fresh Orange Slices, Condiments	<b>6</b> Hot Spiced Apples, Pork Roast, Gravy, Lima Beans, Broccoli, WW Dinner Roll, Cubed Cantaloupe	<b>7</b> Lemon Chicken (thigh), Brown Rice, Green Beans, Carrots, WW Dinner Roll, Fresh Orange Slices	<b>8</b> Bean Soup, Crackers, Tuna Pasta Salad (8 oz.), Marinated Cucumbers & Onions, WW Dinner Roll, Fruit Cup, Fruited Jell-O	<b>9</b> Fruit Juice Blend, Cheeseburger on a Bun w/Lettuce/Tomato/Onions Slices, Baked Beans, Coleslaw, Watermelon
<b>12 Menu Cycle 3</b> Orange Juice, Turkey, Gravy, Stuffing, Mashed Potatoes, Carrots, Fresh Seasonal Fruit	<b>13</b> Grape Juice, Chicken Salad (4 oz.) Sandwich on WW Bread w/Lettuce & Tomato, 3-Bean Salad, Cubed Cantaloupe	<b>14</b> Apple Juice, Cheeseburger on a Bun w/Lettuce/Tomato/Onion Slices, Coleslaw, Baked Beans, Cubed Watermelon, Condiments	<b>15</b> Apple Juice, Lemon Pepper Fish, Rice Pilaf, Seasoned Spinach, WW Dinner Roll, Fruited Jell-O, Tartar Sauce	<b>16</b> Fruit Juice Blend, California Chicken, Baked Potato, Green Beans, WW Dinner Roll, Peaches, Sour Cream
<b>19 Menu Cycle 4</b> Pineapple Juice, Roast Pork, Gravy, Baked Sweet Potato, Cabbage, Lima Beans, WW Dinner Roll, Strawberries	<b>20</b> Fruit Juice Blend, Fish Patty Sandwich on a Bun, Green Beans, Banana, Tartar Sauce	<b>21</b> Orange Juice, BBQ Chicken Leg, Baked Potato Wedges, Dilled Carrots, WW Bread, Pears	<b>22</b> Apple Juice, Pulled Pork (4 oz.) Sandwich on a Bun, Coleslaw, Corn, Cantaloupe	<b>23</b> Tossed Salad w/Dressing, Roast Beef & Swiss Cheese Sandwich on WW Bread w/Lettuce & Tomato Slices, Fresh Melon, Condiments
<b>26 Menu Cycle 5</b> Grape Juice, Chicken Salad (4 oz.) Sandwich on WW Bread w/Lettuce & Tomato, Marinated Cucs & Onions, 3-Bean Salad, Angel Food Cake w/Strawberries	<b>27</b> Fruit Juice Blend, Chicken Patty (4 oz.) on a Bun w/Lettuce, Coleslaw, Seedless Watermelon, Condiments	<b>28</b> Apple Juice, Pork Roast, Gravy, Mashed Potatoes, Seasoned Spinach, WW Dinner Roll, Cubed Cantaloupe	<b>29</b> Orange Juice, Seafood Salad on a Bed of Lettuce, Pickled Beets, Corn, WW Dinner Roll, Apple Crisp	<b>30</b> Tossed Salad w/Chick Peas & Dressing, Baked Chicken, Scalloped Potatoes, Carrots, WW Dinner Roll, Cantaloupe

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.