

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



## August 2017 Menu

| Mon   | Tue   | Wed  | Thu  | Fri  |
|---|---|--|--|--|
| <b>Menu Cycle 2</b>   | <b>1</b> Hot Spiced Apples, Pork Roast, Gravy, Lima Beans, Broccoli, WW Dinner Roll, Cubed Cantaloupe   | <b>2</b> Tossed Salad w/ Italian Dressing, Lasagna (8 oz.) w/ Meat Sauce (8 oz.), Seasoned Kale, French Bread, Sliced Peached                      | <b>3</b> Lemon Chicken Leg, Brown Rice, Green Beans, Carrots, WW Dinner Roll, Orange Slices,                                 | <b>4</b> Apple Juice, Sweet & Sour Pork over Rice, Mashed Sweet Potatoes, Broccoli, Pineapple, Pineapple Upside Down Cake                      |
| <b>7 Menu Cycle 3</b><br>Cranberry Juice, Pot Roast (10 oz.- w/ Potatoes, Carrots & Onions), WW Bread, Mandarin Oranges           | <b>8</b> Apple Juice, Pulled Pork (4 oz.) Sandwich on a Deli Roll, Cole Slaw, Corn, Cantaloupe  | <b>9</b> Apple Juice, Lemon Pepper Fish, Rice Pilaf, Seasoned Spinach, WW Dinner Roll, Fruited Jell-O (6 oz.)                                      | <b>10</b> Grape Juice, Chicken Salad (4 oz.) Sandwich on WW Bread w/Lettuce & Tomato Slices, 3-Bean Salad, Cubed Cantaloupe  | <b>11</b> Pineapple Juice, Cheeseburger on a Bun w/Lettuce/Tomato/ Onion Slices, Baked Beans, Cole Slaw, Seedless Watermelon                   |
| <b>14 Menu Cycle 4</b><br>Fruit Juice Blend, Fish Patty Sandwich on a Bun, Green Beans, Lima Beans, Banana, Tartar Sauce          | <b>15</b> Orange Juice, BBQ Chicken, Baked Potato Wedges, Dilled Carrots, WW Bread (1 sl.), Pears   | <b>16</b> Apple Juice, Meatloaf (4 oz.), Gravy, Mashed Potatoes, Spinach, WW Dinner Roll, Mandarin Oranges   | <b>17</b> Apple Juice, Pork Roast, Gravy, Mashed Potatoes, Seasoned Spinach, WW Dinner Roll, Strawberries                    | <b>18</b> Tossed Salad, Dressing, Roast Beef & Swiss Cheese Sandwich on WW Bread w/Lettuce & Tomato Slices, Cole Slaw, Fresh Melon, Condiments |
| <b>21 Menu Cycle 5</b><br>Tossed Salad w/ Chick Peas & Dressing, Turkey-ala-King (6 oz.), Rice, Broccoli, WW Dinner Roll, Peaches | <b>22</b> Orange Juice, Seafood Salad (6 oz.) on a Bed of Lettuce, Pickled Beets, Corn WW Dinner Roll, Apple Crisp                                | <b>23</b> Tossed Salad w/Chick Peas, Dressing, Baked Chicken, Scalloped Potatoes, Carrots, WW Dinner Roll, Cantaloupe                              | <b>24</b> Fruit Juice Blend, Open-faced Turkey Sandwich on WW Bread, Gravy, Baked Potato, Carrots, Applesauce, Sour Cream    | <b>25</b> Apple Juice, Pork Roast, Gravy, Mashed Potatoes, Season Spinach, WW Dinner Roll, Strawberries  |
| <b>28 Menu Cycle 6</b><br>Orange Juice, Tossed Salad w/ Dressing, Chicken Pot Pie (10 oz.), Lima Beans, WW Dinner Roll, Pudding   | <b>29</b> Low-sodium V8 Juice, Chicken Salad (4 oz.) in a WW Pita Pocket w/Lettuce & Tomato Slices, Pineapple, Fresh Carrot & Cuc. Slices, Grapes | <b>30</b> Apple Juice, Tossed Salad w/Dressing, Turkey & Swiss Cheese Sandwich on WW Bread w/Lettuce & Tomato Slices, Mandarin Oranges, Condiments | <b>31</b> Apple Juice, Breaded Baked Fish, Baked Potato, Broccoli, WW Dinner Roll, Fresh Berry Cup, Tartar Sauce, Sour Cream |  |

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.