

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

May 2018 Menu

Mon	Tue	Wed	Thu	Fri
Menu Cycle 1 	1 Low sodium V8 Juice, Tuna Salad (4 oz.) Sandwich w/ Lettuce & Tomato Slices in a WW Pita, Mediterranean Chickpea Salad, Sliced Cuc & Tomato Salad, Fruited Jell-O (6 oz.)	2 Tossed Salad, Dressing, Spaghetti (4 oz.) w/Meat Sauce (6 oz.), Italian Green Beans, Italian Bread, Fresh Strawberries	3 Pork Stir Fry (10 oz.) over Brown Rice, Spinach, WW Dinner Roll, Pineapple Chunks	4 Apple Juice, Turkey & Swiss Cheese Sandwich w/ Lettuce & Tomato Slices on WW Bread, 3-Bean Salad, Cubed Cantaloupe, Condiments
7 Menu Cycle 2 Cranberry Juice, Tossed Salad w/ Dressing, Roast Beef & Swiss Cheese Sandwich w/Lettuce & Tomato Slices, on a Bun, Mandarin Oranges, Condiments	8 Stuffed Cabbage, Beets, WW Dinner Roll, Apple Crisp	9 Hot Spiced Apples, Pork Roast, Gravy, Lima Beans, Broccoli, WW Dinner Roll, Cubed Cantaloupe	10 Lemon Chicken, Brown Rice, Green Beans, Carrots, WW Dinner Roll, Orange Slices	11 Bean Soup, Crackers, Tuna Pasta Salad (8 oz.), Marinated Cucs & Onions, WW Dinner Roll, Seedless Watermelon Cubes, Fruited Jell-O
14 Menu Cycle 3 Orange Juice, Turkey, Gravy, Stuffing, Mashed Potatoes, Carrots, Fresh Seasonal Fruit	15 Fruit Juice Blend, California Chicken, Baked Potato, Green Beans, WW Dinner Roll, Peaches, Sour Cream (2 oz.)	16 Grape Juice, Chicken Salad Sandwich on WW Bread w/Lettuce & Tomato Slices, 3-Bean Salad, Cubed Cantaloupe	17 Apple Juice, Lemon Pepper Fish, Rice Pilaf, Seasoned Spinach, WW Dinner Roll, Fruited Jell-O (6 oz.) Tartar Sauce	18 Pineapple Juice, Cheeseburger on a Bun w/Lettuce, Tomato & Onion Slices, Baked Beans, Coleslaw, Seedless Watermelon, Condiments
21 Menu Cycle 4 Roast Pork, Gravy, Baked Sweet Potato, Cabbage, Lima Beans, Strawberries	22 Pineapple Juice, Fish Patty on a Bun, Green Beans, Banana, Tartar Sauce	23 Orange Juice, BBQ Chicken Leg, Baked Potato Wedges, Dilled Carrots, WW Bread (1 sl.), Pears	24 Meatloaf, Gravy, Mashed Potatoes, Green Beans, Kale, WW Dinner Roll, Mandarin Oranges	25 Tossed Salad, Dressing, Roast Beef & Swiss Cheese Sandwich w/ Lettuce & Tomato Slices on WW Bread, Cole Slaw, Fresh Melon, Condiments
28 Menu Cycle 5 Holiday~ Center closed No Home Delivered Meals	29 Apple Juice, Pork Roast, Gravy, Mashed Potatoes, Seasoned Spinach, WW Dinner Roll, Strawberries	30 Orange Juice, Seafood Salad (6 oz.) on a Bed of Lettuce, Pickled Beets, 3-Bean Salad, WW Dinner Roll, Apple Crisp	31 Fruit Juice Blend, Chicken Patty on a Bun, Cole Slaw, Seedless Watermelon	

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.

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.