

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

May 2019 Menu

Mon	Tue	Wed	Thu	Fri
Menu Cycle 6 		1 Apple Juice, Pork Roast, Gravy, Mashed Sweet Potatoes, Broccoli, WW Dinner Roll, Pineapple Chunks	2 Low-sodium V8 Juice, Chicken Salad (4 oz.) in a WW Pita Pocket w/Lettuce & Tomato, Fresh Carrot & Cucumber Slices in Lite Italian Dressing, Strawberries	3 Apple Juice, Tossed Salad w/ Dressing, Turkey & Swiss Cheese Sandwich on WW Bread w/Lettuce & Tomato Slices, Mandarin Oranges, Condiments
6 Menu Cycle 7 Apple Juice, Pulled Pork Sandwich on a Bun, Coleslaw, Corn, Cubed Cantaloupe	7 Orange Juice, Fish Patty (4 oz.) on a Bun, Lettuce/Onion/ Tomato Slices, Marinated Cucs & Onions, Mediterranean Chickpea Salad, Applesauce, Condiments	8 Pineapple Juice, Chicken Salad (3 oz.) Platter w/Hard Boiled Egg (1 ea.), Lettuce Slices, Tomato Wedges (4 oz.), 3-Bean Salad, WW Bread (2 sl.), Watermelon	9 Stuffed Pepper, California Blend, Corn, WW Dinner Roll, Strawberries	10 Tossed Salad, Dressing, Tuna Salad (4 oz.) Sandwich on WW Bread w/Lettuce & Tomato Slices, Carrot/Pineapple Slaw, Banana
13 Menu Cycle 8 Fruit Juice Blend, Oven Fried Chicken, Baked Sweet Potato, Seasoned Spinach, WW Dinner Roll, Fruited Jell-O (6 oz.)	14 Low-sodium V8 Juice, Meatloaf (4 oz.), Gravy, Mashed Potatoes, Broccoli, Lima Beans, WW Dinner Roll, Baked Spiced Apples, Brownie	15 Orange Juice, BBQ Chicken Leg, Baked Potato Wedges, Dilled Carrots, WW Dinner Roll, Pears	16 Tossed Salad w/ Dressing, Egg Salad Sandwich on WW Bread w/Lettuce & Tomato, Pickled Beets, Honey Dew Melon	17 Cranberry Juice, Turkey, Gravy, Baked Potato, Carrots, WW Bread (1 sl.), Applesauce, Sour Cream
20 Menu Cycle 1 Pork Stir Fry (10 oz.) over Brown Rice (4 oz.), Spinach, WW Dinner Roll, Pineapple Chunks	21 Orange Juice, Tuna Salad (4 oz.) in a WW Pita w/Lettuce & Tomato, Mediterranean Chick Pea Salad, Sliced Cucumber & Tomato Salad, Fruited Jell-O (6 oz.)	22 Tossed Salad w/Dressing, Spaghetti (4 oz.) w/Meat Sauce (6 oz.), Italian Green Beans, Italian Bread, Strawberries, Parmesan Cheese	23 Grape Juice, Chicken Salad (4 oz.) Sandwich on WW Bread w/Lettuce & Tomato Slices, 3-Bean Salad, Cubed Cantaloupe	24 Tossed Salad w/ Dressing, Apple Juice, Turkey & Swiss Cheese Sandwich on WW Bread w/Lettuce & Tomato, Crushed Pineapple, Condiments
27 Menu Cycle 2 Holiday~ Center closed No Home Delivered Meals	28 Cranberry Juice, Tossed Salad w/ Dressing, Roast Beef & Swiss Cheese Sandwich on WW Bread w/ Lettuce & Tomato, Mandarin Oranges, Condiments	29 Hot Spiced Apples, Pork Roast, Gravy, Lima Beans, Broccoli, WW Dinner Roll, Cubed Cantaloupe	30 Tossed Salad w/ Dressing, Lasagna w/ Meat Sauce (8 oz.), Seasoned Kale, French Bread, Sliced Peaches	31 Apple Juice, Pulled Pork Sandwich on a WW Bun, Coleslaw, Corn, Cubed Cantaloupe, Brownie

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. 71050 by noon the day before.