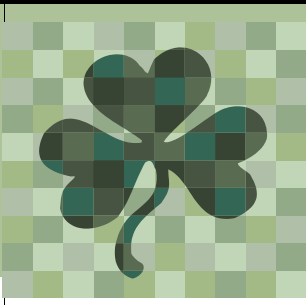
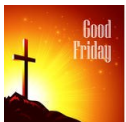


ST. MARY'S COUNTY DEPARTMENT OF AGING & HUMAN SERVICES MARCH 2018 MENU

Mon	Tue	Wed	Thu	Fri
Menu Cycle 8			1 Lentil Soup, Crackers, Baked Chicken Leg (4 oz.), Carrots, Seasoned Greens, WW Dinner Roll, Fruited Jell-O (3/4 c.)	2 Tossed Salad w/ Dressing, Baked Fish w/Herb & Lemon, Seasoned Brown Rice, Seasoned Tomatoes & Zucchini, WW Dinner Roll, Pineapple
5 Menu Cycle 1 Tossed Salad w/ Dressing, Beef Stew (10 oz.), Broccoli, Yeast Roll, Pineapple	6 Orange Juice, 5-Spice Chicken, Parslied New Potatoes, Zucchini & Tomatoes, WW Dinner Roll, Peaches	7 Fruit Juice Blend, Tossed Salad w/Dressing, Spaghetti (1 c.) w/ Meat Sauce (7 oz.), Baked Apple Slices, Parmesan Cheese	8 Tuna Fish (4 oz.) Sandwich on WW Bread w/Lettuce & Tomato, Cole Slaw, Pickled Beets, Citrus Fruit Cup	9 Lima Bean Soup, Crackers, Sweet & Sour Pork (8 oz.), Brown Rice, Spinach, California Blend, Pineapple
12 Menu Cycle 2 Orange Juice, Roast Beef, Gravy, Mashed Potatoes, Stewed Tomatoes, WW Dinner Roll, Applesauce	13 Tossed Salad w/ Dressing & Chick Peas (1/4 c.), Hamburger w/ Swiss Cheese on a Bun w/Lettuce /Tomato/ Onion Slices, Oven Baked Sweet Potato Wedges, Spinach, Tropical Fruit Cup	14 Cranberry Juice, Pork Roast, Gravy, Mashed potatoes, Mixed Vegetables, WW Dinner Roll, Applesauce	15 Tomato Soup, Crackers, Lemon Chicken, Whipped Sweet Potatoes, Green Beans, WW Dinner Roll, Pineapple	16 Orange Juice, Fish & Chips, Steamed Cabbage, Broccoli, WW Dinner Roll, Lime Fruited Jell-O
19 Menu Cycle 3 Turkey, Gravy, Stuffing, Broccoli, Cauliflower, WW Dinner Roll, Applesauce	20 Fruit Juice Blend, Chicken Salad (4 oz.) Sandwich on WW Bread, Cottage Cheese (2 oz.), Peaches, Marinated Cucumbers & Onions, Oatmeal Cookie	21 Navy Bean Soup, Crackers, Turkey & Swiss Cheese Sandwich on WW Bread, Lettuce & Tomato Slices, Carrot/Pineapple Slaw, Pears, Condiments	22 Fruit Juice Blend, Meatloaf (4 oz.), Gravy, Succotash, Seasoned Greens, WW Dinner Roll, Orange Sections	23 Orange Juice, Lemon Pepper Fish, O'Brien Potatoes, Seasoned Spinach, WW Dinner Roll, Applesauce
26 Menu Cycle 4 Fruit Juice Blend, Meatloaf (4 oz.), Gravy, Succotash, Seasoned Greens, WW Dinner Roll, Orange Sections	27 Baked Ham, Glazed Sweet Potatoes, Brussel Sprouts, Tomato Wedge Salad, WW Dinner Roll, Fresh Fruit Cup	28 Cranberry Juice, BBQ Chicken Leg, Baked Beans, Dilled Carrots w/ Snow Peas, WW Dinner Roll, Fruited Jell-O	29 Tossed Salad w/Dressing, Fried Liver & Onions, Gravy, Mashed Potatoes, Carrots, WW Dinner Roll, Pineapple	30 Holiday-Centers closed No Home delivered meals 

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



DEPARTMENT OF AGING & HUMAN SERVICES
Working Together ~ Caring About You

