

# St. Mary's County

Department of Aging & Human Services

## Menu

### December 2018



Mon	Tue	Wed	Thu	Fri
<b>3 Menu Cycle 8</b> Tossed Salad w/ Kidney Beans & Dressing, Chicken Divine, Broccoli, rice, WW Dinner Roll, Angel Food Cake w/ Strawberries	<b>4</b> Orange Juice, Meatloaf (4 oz.), Gravy, Mashed Potatoes, Carrots, WW Dinner Roll, Spiced Peaches	<b>5</b> Pineapple Juice, Pork Roast, Gravy, Mashed Potatoes, Green Beans, WW Dinner Roll, Applesauce w/ Cinnamon	<b>6</b> Tossed Salad w/ Dressing, Egg Salad (4 oz.) in a Pita Pocket w/Lettuce & Tomato Slices, Pickled Beets, Tangerine	<b>7</b> Orange Juice, Baked Fish w/Herb & Lemon, Brown Rice, Green Beans, Spinach, WW Dinner Roll, Bread Pudding w/Vanilla Sauce
<b>10 Menu Cycle 1</b> Tossed Salad w/ Chickpeas & Dressing, Spaghetti (8 oz.) w/Meat Sauce (6 oz.), Brussel Sprouts, WW Dinner Roll, Pears	<b>11</b> Orange Juice, Pork Roast, Gravy, Baked Sweet Potatoes, Spinach, WW Dinner Roll, Apple Crisp	<b>12</b> Tossed Salad w/Edamame & Dressing, Oven Fried Chicken, Mashed Potatoes, Gravy, Dilled Carrots, WW Dinner Roll, Mandarin Oranges	<b>13</b> Apple Juice, Turkey, Bread Stuffing, Mashed Potatoes, Gravy, Cranberry Sauce, Broccoli, WW Dinner Roll, Fruited Jell-O (6 oz.)	<b>14</b> Roast Beef, Gravy, Mashed Potatoes, Broccoli, Carrots, Fresh Citrus Cup, WW Dinner Roll, Pound Cake w/ Cherry Topping
<b>17 Menu Cycle 2</b> Lentil Soup, Crackers, Liver & Onions, Gravy, Mashed Potatoes, Carrots, Kale, Spiced Peaches	<b>18</b> Orange Juice, Tossed Salad w/Dressing, Lasagna (8 oz.), Spinach, WW Dinner Roll, Plums	<b>19</b> V8 Juice, Stuffed Chicken Breast, Gravy, Mashed Potatoes, Squash, WW Dinner Roll, Fresh Fruit Salad	<b>20</b> Pineapple Juice, Pot Roast (12 oz. to include Potatoes, Carrots & Onions), WW Dinner Roll, Banana	<b>21</b> Apple Juice, Baked Fish, Spinach, Seasoned Brown Rice, Succotash, Broccoli, WW Dinner Roll, Brownie
<b>24 Menu Cycle 3</b>  <b>Centers &amp; meal sites closed. No home delivered meals</b>	<b>25</b>  <b>Centers &amp; meal sites closed. No home delivered meals</b>	<b>26</b> Apple Juice, Stuffed Shells (2 lge.) w/Tomato Sauce, Kale, Garlic Bread, Fruited Jell-O (6 oz.)  <b>No HDM delivery</b>	<b>27</b> Tossed Salad w/Chickpeas & Dressing, Beef Tips in Gravy (10 oz.) w/ Onions & Green Peppers over Noodles, Honey Glazed Carrots, WW Bread (1 sl.), Mandarin Oranges	<b>28</b> Pineapple Juice, Pork Roast, Gravy, Glazed Sweet Potatoes, Cabbage, WW Dinner Roll, Peaches
<b>31 Menu Cycle 4</b>  <b>Centers &amp; meal sites closed. No home delivered meals</b>				

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.