



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

April 2024

Mon	Tue	Wed	Thu	Fri
1 BBQ Riblette Macaroni & Cheese Baked Beans Succotash Grapefruit Sections Fruit Punch Juice Margarine Cup	2 Chicken & Sausage Gumbo (3/4c) Herbed Rice Wheat Dinner Roll Seasoned Green Beans Squash Medley Fresh Honeydew Margarine Cup	3 Liver & Onions Garlic Mashed Potatoes Wheat Dinner Roll Italian Green Beans Stewed Tomatoes Mandarin Oranges Margarine Cup	4 BBQ Chicken Thigh Glazed Sweet Potatoes Wheat Dinner Roll Steamed Broccoli Florets Garden Salad (1c) Chilled Apricots French Dressing Margarine Cup	5 Cheese Tortellini (1c) w/ Marinara Sauce Garlic Bread Green Beans & Asparagus Chilled Pineapple Grape Juice
8 Tuna Patty on Whole Wheat Bun w/ Lettuce & Tomato Rosemary Potatoes Pickled Beets Apple Crisp Orange Juice Mayonnaise	9 Beef Stroganoff (3/4c) Seasoned Egg Noodles Garlic Bread Seasoned Spinach Fresh Whole Orange Apple Juice Margarine Cup	10 Chicken Drumsticks Red Potatoes w/ Garlic Wheat Dinner Roll Tossed Salad (1c) Seasonal Fresh Fruit Fruit Punch Juice LoCal Ranch Dressing Margarine Cup	11 Sweet & Sour Meatballs Steamed Rice Wheat Dinner Roll Steamed Broccoli Florets Carrots Vichy Chilled Pineapple Margarine Cup	12 Stuffed Shells & Sauce Three Bean Salad Wheat Dinner Roll Balsamic Brussels Sprouts Chilled Pears LS V8 Juice Margarine Cup
15 Chicken Marsala Buttered Spaghetti Wheat Dinner Roll Lemon Butter Broccoli Baby Lima Beans Chilled Apricots LoCal Italian	16 Baked Ham Scalloped Potatoes Wheat Dinner Roll Seasoned Green Beans Baked Apples Grape Juice	17 Beef Stew (1c) Wheat Dinner Roll Collard Greens Garden Salad (1c) Banana LoCal Italian Margarine Cup	18 Sloppy Joe on Whole Wheat Bun Macaroni & Cheese Italian Green Beans Chilled Pineapple LS V8 Juice	19 Chicken Pot Pie (1c) Roasted Red Potatoes Lemon Asparagus & Green Beans Chilled Diced Pears Pineapple Juice Margarine Cup
22 Chicken Divan Fluffy Rice Wheat Dinner Roll Seasoned Broccoli Florets Tropical Fruit Cup Orange Juice Margarine Cup	23 Cheeseburger on Whole Wheat Bun w/ Lettuce & Tomato BBQ Baked Beans Seasoned Beets Coleslaw LS V8 Juice LoCal Mayonnaise	24 Herb & Mustard Crusted Pork Loin Glazed Sweet Potatoes Wheat Dinner Roll Lemon Asparagus & Green Beans Sauteed Spinach Cinnamon Pears	25 Teriyaki Chicken Brown Rice Wheat Dinner Roll Asian Vegetables Chilled Pineapple Apple Juice Margarine Cup	26 Parmesan Baked Cod Vegetable Pasta Primavera Italian Bread Green Beans Tossed Salad (1c) Mandarin Oranges LoCal Italian Dressing
29 Meatloaf Mashed Potatoes LS Brown Gravy Wheat Dinner Roll Peas & Onions Mandarin Oranges Cranberry Juice Margarine Cup	30 Pulled Pork w/ BBQ Sauce on a Whole Wheat Bun Macaroni & Cheese Lemon Butter Broccoli Hot Spiced Apples LS V8 Juice			

All meals served with 1% Milk. To make or cancel a meal reservation, call the center you wish to attend by noon the business day before.

Garvey Senior Activity Center
301-475-4200, ext. 1080

Loffler Senior Activity Center
301-475-4200, ext. 1657

Northern Senior Activity Center
301-475-4200, ext. 3105

Meals 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 & Human Services.