

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



## September 2023

Mon	Tue	Wed	Thu	Fri
				<b>1</b> Cheese Ravioli & Tomato Sauce WW Dinner Roll Seasoned Spinach Chilled Pears Grape Juice Margarine Cup
<b>4</b>  Senior Activity Centers Closed  No Home Delivered Meals	<b>5</b> Chicken California Roasted Red Potatoes WW Dinner Roll Seasoned Green Beans Fruit Punch Juice Fresh Whole Orange Margarine Cup	<b>6</b> Lemon Pepper Fish Rice Pilaf WW Dinner Roll Seasoned Spinach Chilled Fruit Cocktail Apple Juice Margarine Cup	<b>7</b> Baked Chicken Thigh Vegetable Pasta Primavera Garlic Bread Grape Juice Steamed Broccoli Florets	<b>8</b> Cheeseburger on WW Bun Lettuce/Tomato/Onion Baked Beans Coleslaw Watermelon Cubes Hot Spiced Apples Ketchup/Mayo
<b>11</b> Beef-a-roni (1c) WW Dinner Roll Seasoned Spinach Fresh Whole Orange Apple Juice Margarine Cup	<b>12</b> Chicken Marsala Herbed Rice WW Dinner Roll Seasoned Green Beans Squash Medley Seasonal Fresh Fruit Margarine Cup	<b>13</b> Salisbury Steak Seasoned Egg Noodles LS Brown Gravy WW Dinner Roll Collard Greens Chilled Peaches LS V8 Juice Margarine Cup	<b>14</b> Herb Roasted Turkey LS Poultry Gravy Glazed Sweet Potatoes Bread Dressing Seasoned Broccoli Florets Cinnamon Pears Apple Juice Margarine Cup	<b>15</b> BBQ Chicken Thighs Potato Wedges WW Dinner Roll Succotash Chilled Pears Orange Juice Margarine Cup
<b>18</b> Swedish Meatballs Parslied Noodles WW Dinner Roll Steamed Broccoli Florets Chilled Peaches Pineapple Juice Margarine Cup	<b>19</b> Italian Chicken Breast Red Potatoes w/ Garlic WW Dinner Roll Brussels Sprouts Mandarin Oranges Fruit Punch Juice Margarine Cup	<b>20</b> Grilled Bratwurst Hoagie Bun Warm German Potato Salad Sauerkraut Roasted Red Peppers Hot Spiced Apples Grape Juice	<b>21</b> Salmon Patty WW Bun Lettuce & Tomato Rosemary Potatoes Pickled Beets Apple Crisp Orange Juice Tarter Sauce	<b>22</b> Savory Baked Chicken Breast LS Poultry Gravy Scalloped Potatoes Baby Lima Beans Dilled Baby Carrots Chilled Peaches LS V8 Juice Margarine Cup
<b>25</b> Chicken Parmesan & Tomato Sauce Buttered Spaghetti WW Dinner Roll Seasoned Green Beans Chilled Peaches Grape Juice Margarine Cup	<b>26</b> Pork Chop & Mushroom Sauce Mashed Sweet Potatoes WW Dinner Roll Steamed Broccoli Florets Pineapple Tidbits Orange Juice Margarine Cup	<b>27</b> Meatloaf Mashed Potatoes LS Brown Gravy WW Dinner Roll Creamed Spinach Baby Lima Beans Seasonal Fresh Fruit Margarine Cup	<b>28</b> BBQ Pulled Pork on a WW Bun Macaroni & Cheese Three Bean Salad Chilled Pineapple Garden Salad (1c) Italian Dressing LS V8 Juice	<b>29</b> Rosemary Chicken Roasted Red Potatoes WW Dinner Roll Steamed Broccoli Florets Chilled Diced Pears Pineapple Juice Margarine Cup

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.