



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



## May 2024

Mon	Tue	Wed	Thu	Fri
		<b>1</b> Lemon Glazed Chicken Rice Pilaf Wheat Dinner Roll Seasoned Green Beans Parslied Carrots Orange Sections Margarine Cup	<b>2</b> Cheese Ravioli & Tomato Sauce Black-eyed Peas French Bread Seasoned Kale Chilled Peaches Margarine Cup	<b>3</b> Salmon Patty Mashed Sweet Potatoes Wheat Dinner Roll Herbed Green Beans Seasoned Spinach Chilled Pears Margarine Cup
<b>6</b> Savory Beef Tips Mashed Potatoes LS Brown Gravy Wheat Dinner Roll Braised Cabbage Steamed Broccoli Florets Pineapple	<b>7</b> Chicken Patty on Wheat Bun Lettuce/Tomato/Onion Three Bean Salad Savory Carrots Watermelon Cubes Orange Juice Mayo	<b>8</b> Herbed Penne Pasta w/ Meat Sauce Buttered Breadstick Green Beans Almondine Caesar Salad w/ Dressing Fresh Cantaloupe	<b>9</b> Baked Pork Chop Roasted Red Potatoes Wheat Dinner Roll Creamed Spinach Parslied Carrots Baked Apples Margarine Cup	<b>10</b> <b>Staff Meeting</b>  Senior Activity Centers Closed  No Home Delivered Meals
<b>13</b> BBQ Riblette Macaroni & Cheese Baked Beans Succotash Grapefruit Sections Fruit Punch Juice Margarine Cup	<b>14</b> Chicken & Sausage Gumbo (3/4c) Herbed Rice Wheat Dinner Roll Seasoned Green Beans Squash Medley Fresh Honeydew Margarine Cup	<b>15</b> Liver & Onions Mashed Potatoes Wheat Dinner Roll Italian Green Beans Stewed Tomatoes Mandarin Oranges Margarine Cup	<b>16</b> BBQ Chicken Thigh Glazed Sweet Potatoes Wheat Dinner Roll Steamed Broccoli Florets Garden Salad (1c) Chilled Apricots French Dressing	<b>17</b> Cheese Tortellini (1c) w/ Marinara Sauce Garlic Bread Green Beans & Asparagus Chilled Pineapple Grape Juice
<b>20</b> Tuna Patty on Whole Wheat Bun w/ Lettuce & Tomato Rosemary Potatoes Pickled Beets Apple Crisp Orange Juice Mayonnaise	<b>21</b> Beef Stroganoff (3/4c) Seasoned Egg Noodles Garlic Bread Seasoned Spinach Fresh Whole Orange Apple Juice Margarine Cup	<b>22</b> Chicken Drumsticks Red Potatoes w/ Garlic Wheat Dinner Roll Tossed Salad (1c) Seasonal Fresh Fruit Fruit Punch Juice LoCal Ranch Dressing Margarine Cup	<b>23</b> Sweet & Sour Meatballs Steamed Rice Wheat Dinner Roll Steamed Broccoli Florets Carrots Vichy Chilled Pineapple Margarine Cup	<b>24</b> Stuffed Shells & Sauce Three Bean Salad Wheat Dinner Roll Balsamic Brussels Sprouts Chilled Pears LS V8 Juice Margarine Cup
 Senior Activity Centers Closed  No Home Delivered Meals	<b>28</b> Ham Steak Mashed Sweet Potatoes Wheat Dinner Roll Brussels Sprouts Chilled Peaches Orange Juice Margarine Cup	<b>29</b> Beef Stew (1c) Wheat Dinner Roll Collard Greens Baby Lima Beans Banana Margarine Cup	<b>30</b> Sloppy Joe on Whole Wheat Bun Macaroni & Cheese Garden Salad Chilled Pineapple LS V8 Juice LoCal French Dressing	<b>31</b> Chicken Pot Pie (1c) Roasted Red Potatoes Lemon Asparagus & Green Beans 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.



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

**June 2024**

Mon	Tue	Wed	Thu	Fri
<b>3</b> Chicken Divan Fluffy Rice Wheat Dinner Roll Broccoli Florets Seasonal Fresh Fruit Orange Juice Margarine Cup	<b>4</b> Hamburger on WW Bun Lettuce & Tomato BBQ Baked Beans Seasoned Beets Coleslaw V8 Juice Mayo & Mustard	<b>5</b> Herb & Mustard Crusted Pork Loin Glazed Sweet Potatoes Wheat Dinner Roll Tossed Salad (1c) Sautéed Spinach Cinnamon Pears Margarine Cup French Dressing	<b>6</b> Teriyaki Chicken Brown Rice Wheat Dinner Roll Asian Style Veggies Chilled Pineapple Apple Juice Margarine Cup	<b>7</b> Parmesan Baked Cod Vegetable Pasta Primavera Italian Bread Green Beans & Asparagus Mandarin Oranges Margarine Cup
<b>10</b> Meatloaf Patty Mashed Potatoes LS Brown Gravy Wheat Dinner Roll Peas & Onions Mandarin Oranges Cranberry Juice Margarine Cup	<b>11</b> Pulled Pork w/ BBQ Sauce on a Whole Wheat Bun Macaroni & Cheese Lemon Butter Broccoli Hot Spiced Apples LS V8 Juice	<b>12</b> Lemon Glazed Chicken Rice Pilaf Wheat Dinner Roll Seasoned Green Beans Parslied Carrots Orange Sections Margarine Cup	<b>13</b> Cheese Ravioli & Tomato Sauce Black-eyed Peas French Bread Seasoned Kale Chilled Peaches Margarine Cup	<b>14</b> Salmon Patty Mashed Sweet Potatoes Wheat Dinner Roll Herbed Green Beans Seasoned Spinach Chilled Pears Margarine Cup
<b>17</b> Savory Beef Tips Mashed Potatoes LS Brown Gravy Wheat Dinner Roll Braised Cabbage Steamed Broccoli Florets Pineapple	<b>18</b> Baked Pork Chop Roasted Red Potatoes Wheat Dinner Roll Creamed Spinach Parslied Carrots Baked Apples Margarine Cup	<b>19</b> <div style="text-align: center; background-color: #e91e63; color: white; padding: 5px; border-radius: 10px;"> <b>JUNETEENTH</b>  <i>Celebrate Freedom</i>  <b>JUNE 19</b> </div> Senior Activity Centers Closed  No Home Delivered Meals	<b>20</b> Chicken Patty on Wheat Bun Lettuce/Tomato/Onion Three Bean Salad Savory Carrots Watermelon Cubes Orange Juice Mayo	<b>21</b> Cheeseburger on WW Bun Lettuce/Tomato/Onion Slices Potato Wedges Baked Beans Coleslaw Pineapple Tidbits Apple Juice
<b>24</b> BBQ Riblette Macaroni & Cheese Baked Beans Succotash in Garlic Butter Grapefruit Sections Fruit Punch Juice Margarine Cup	<b>25</b> Chicken & Sausage Gumbo (3/4c) Herbed Rice Wheat Dinner Roll Seasoned Green Beans Squash Medley Fresh Honeydew Margarine Cup	<b>26</b> Liver & Onions Garlic Mashed Potatoes LS Brown Gravy Wheat Dinner Roll Italian Green Beans Stewed Tomatoes Mandarin Oranges Margarine Cup	<b>27</b> BBQ Chicken Thigh Glazed Sweet Potatoes Wheat Dinner Roll Steamed Broccoli Florets Garden Salad (1c) Chilled Apricots French Dressing Margarine Cup	<b>28</b> Cheese Tortellini (1c) w/ Marinara Sauce Garlic Bread Green Beans & Asparagus Chilled Pineapple Grape Juice
				

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