


GARRETT COUNTY SENIOR NUTRITION PROGRAM

April 2022

The cost of each meal prepared is \$5.25. Voluntary contributions enable the agency to serve more meals. Individuals who are able to give the full cost of the meal are encouraged to do so; however, all contributions are welcome. Each meal provides 1/3 of the Recommended Dietary Allowances (Nutrients needed daily) for older adults and meets the dietary guidelines for Americans. Meal reservations and cancellations are to be made at the nutrition site or senior center prior to the next service day. Reservations and cancellations may be made no later than 9am on the service day if absolutely necessary. For more information about the Senior Nutrition Program, please call 301-334-9431, ext. 6137. **Menus are subject to change.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Baked Fish Mac & Cheese Cole slaw Fruit Juice 1% Milk
4 Sausage Links (3) Omelet w/ 1 oz. cheese Pancakes (2) Tomato Slices (3) Fresh Fruit Juice 1% Milk	5 Lasagna Chef Salad w/ (meat,beans,cheese, egg, greens, colorful veggies) Breadstick Fruit w/ Cottage Cheese 1% Milk	6 Roast Beef w/ low fat gravy on whole grain bread Mashed Potatoes California Blend Veg. Fruit V-8 Juice 1% Milk	7 Hamburger on WW Bun Oven Fries Broccoli Tomato & Onion on Lettuce Fruit 1% Milk	8 Baked Fish Mac & Cheese Cole slaw Fruit Juice 1% Milk
11 Chef's Choice 3 oz. Protein 3 fruit/vegetables 1 starch/starchy vegetable 1 Bread (whole Grain) 1% milk	12 Hot Dog on Bun with chili, cheese, kraut, mustard, ketchup, onions 4 Bean Baked Beans Coleslaw Fruit Juice 1% Milk	13 Easter Dinner Ham Baked Sweet Potato Green Beans Cole slaw WW Roll Pie Juice 1% Milk	14 Spaghetti w 3oz meat Broccoli Garlic Toast Fruit w/ topping Juice 1% Milk	15 Chicken Cordon bleu Seasoned Rice Green Beans WW Bread Fruit Juice 1% Milk
18 BBQ Pork on Whole Grain Bun Macaroni Salad Green Beans Fruit Juice 1% Milk	19 Chicken- Stir fry Oriental Vegetables Brown Rice Bread Pineapple Chunks Juice Milk	20 Meatloaf Mashed potatoes Corn Whole Wheat Bread Fruit Juice 1% Milk	21 Pizza Party! Pizza with Meat Salad Bar Fruit Juice 1% Milk	22 Country Fried Chicken Mashed Potatoes Green Beans WW Bread Applesauce Juice 1% Milk
25 Chicken, Broccoli & Pasta (3 oz. chicken, ½ c. broccoli, ½ c. pasta) Red Beet Salad on lettuce Garlic toast Fruit Salad w/ lf yogurt (1/2 c. fruit) 1% Milk	26 Salisbury Steak Mashed Potatoes Lima Beans Tomato, Cucumber & Onion Salad Whole Wheat Bread Fruit Juice 1% Milk	27 Chicken Breast Rice Pilaf Green Beans Strawberry & Fresh Spinach Salad WW Bread Fruit 1% Milk	28 Pork Chops Scalloped potatoes Brussel sprouts Bread Fruit Juice 1%Milk	29 Turkey Wrap Salad (lettuce, tomato, beans, onion, cheese, H.C. eggs, etc.) Fruit Juice 1% Milk

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sloppy Joe Tatar Tots Cucumbers, tomato, Onion w/ low fat Italian dressing WW Bun Fruit Juice 1% Milk	3 Sausage Links (3) Omelet w/ 1 oz. cheese Pancakes (2) Tomato Slices (3) Fresh Fruit Juice 1% Milk	4 Mother's Day Baked Steak Mashed Potatoes Brussel sprouts WW Bread Applesauce Cake Juice 1% Milk	5 Turkey WW Wrap w/lettuce, cheese w/ salsa, low fat sour cream on side Macaroni Salad Fruit (1/2 c.)w/Cottage cheese (2Tbs) Juice 1% Milk	6 Cream of Chicken over Biscuits Mashed Potatoes Mixed Vegetables Mandarin Oranges Juice 1% Milk
9 Spaghetti w/ 3 oz. meat, ½ c. marinara sauce Broccoli Garlic Toast Fruit Juice Milk	10 Vegetable Soup Egg Salad on Bagel (lettuce/tomato) Cottage Cheese Fruit Crisp Juice 1% Milk	11 Baked Chicken Mashed Potatoes Green Beans Whole grain Bread Sunshine Salad Fruit 1% Milk	12 Steak Hoagie Lettuce, Tomato & Onion Salad Oven Fries Fruit Juice 1% Milk	13 Soft tacos w/ toppings (lettuce, tomato, onion, salsa, black beans, cheese) Corn pudding Fruit Juice 1% Milk
16 Turkey w Gravy Mashed potatoes Green beans Bread Banana Juice 1% Milk	17 Ham Potatoes Cabbage Carrots Whole Wheat Roll Fruited Jell-O Juice 1% Milk	18 Pizza w/ Meat Salad Bar (lettuce, tomato, beans, onion, cheese, H.C. eggs, etc.) WW Crackers Fruit Juice 1% Milk	19 BBQ pork on bun Broccoli Oven Fries Fruit Juice 1% Milk	20 Cheeseburger / ww bun Lettuce Salad w/ sliced tomatoes, sliced onion French Fries Fruit Juice 1% Milk
23 Chef's Choice 3 oz. Protein 3 fruit/vegetables 1 starch/starchy vegetable 1 Bread (whole Grain) 1% milk	24 Hot Dog on Bun with chili, Baked Beans Coleslaw Fruit Juice 1% Milk	25 Baked Chicken Rice peas Pickled egg & Beet Salad WW Dinner Roll Fruit 1% Milk	26 Hot Roast Beef Sandwich Green Beans Baked Potatoes Chef's Choice Bean salad Fruit Juice 1% Milk	27 Meatball Sub w/mozzarella Cheese coleslaw Seasonal Fruit Juice 1% Milk
 Memorial Day Center Closed	31 Chicken Tenders Macaroni & Cheese Green Beans Whole Grain Bread Fruit Juice 1 % Milk			

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Turkey & Cheese Wrap Lettuce, Onion, tomato Salad Macaroni Salad Pickled Beets Fruit Juice 1% Milk	2 Chicken Salad Potato Salad Lettuce, tomato, Onion salad Whole grain bread Grapes Juice 1% Milk	3 Salad bar w/ (meat, cheese, egg, beans, fruit, leafy greens, carrots, cucumbers, onions, tomatoes, etc.) WW crackers Fruit Juice 1% Milk
6 Pizza w/ meat & vegetables Chef's choice bean salad Fruit Juice 1% Milk	7 Egg Salad on WW Bread Lettuce, Tomato, Onion Salad Beets Banana Juice 1% Milk	8 Baked Chicken w/ Gravy Baked Potato (w/ sour cream on side) Italian Normandy Veggies Whole Wheat Bread Mandarin Oranges Juice 1% Milk	9 Crunchy Onion Chicken Parmesan/Parsley Noodles Brussel Sprouts Peaches w/ cottage cheese (2 tbs.) Juice Brownie 1% Milk	10 Taco salad (shredded lettuce, corn chips, meat, cheese tomatoes, onions Fruit salad Juice Mexican ice cream 1% Milk
13 Creamy Chicken Lasagna Caesar Salad Broccoli Garlic Bread Fresh Melon cup 1% Milk	14 Chef's Choice 3 oz. Protein 3 fruit/vegetables 1 starch/starchy vegetable 1 Bread (whole Grain) 1% milk	15 Father's Day Roast beef w/ Gravy Mashed potatoes Green beans Whole Wheat Bread Fruit Juice Cake 1% Milk	16 Sloppy Joes/WW Bun French Fries Pes & carrots Fruit Cup Juice 1% Milk	17 Cold Plate Chicken salad on a bed of lettuce, Potato Salad, Tbsp. Cottage Cheese, Tomato Slices, pickled egg, Beets) Variety Bread Grapes Juice 1% Milk
20 Spaghetti w 3oz meat Toss salad Green beans Garlic Toast Fresh Fruit Juice 1% Milk	21 Deli Turkey Sandwich w/cheese on WW Bread Lettuce, Tomato, Onion Salad Pineapple tidbits w/ 1 Tbsp. Cottage Cheese Cucumber, Tomato, Onion salad 1% Milk	22 Hot Dog/Bun Macaroni Salad Cole Slaw Fruited Jell-O Juice 1% Milk	23 Crispy Fried Chicken Potato Salad 4-Bean Baked Beans WW Roll Melon Cup Juice 1% Milk	24 Stuffed Green Pepper casserole w/ brown Rice Roll Fruit Juice 1% Milk
27 Coleslaw BBQ Pork on Whole Grain Bun Maple Carrot Coins Oven Fries Pears 1% Milk	28 Steak Salad (3 oz. steak, 1 c. lettuce, tomato, onion, cheese) Steak Fries Tomato Juice Fruit Crisp Whole Grain Roll 1% Milk	29 Meatloaf Mashed Potato w/ gravy Corn WW Roll Fresh Fruit Juice 1% Milk	30 All beef hotdog on bun with chili, cheese, mustard, ketchup, onions Baked beans Cole Slaw Melon 1% Milk	