


GARRETT COUNTY SENIOR NUTRITION PROGRAM

January 2019


. 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, ex. 6137. **Menus are subject to change. Check with your site manager if necessary.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 New Year's Day Observed Centers Closed 	2 Fish/ Bun Mac & Cheese Stewed Tomatoes Banana Juice 1% Milk	3 Meatloaf w/ low fat gravy Mashed Potatoes Green Beans Bean salad Fruit WW Bread 1% Milk	4 Potato Soup Salad Bar (meat, leafy greens, beans, egg, vegetables etc.) WW crackers Fruit 1% Milk
7 BBQ Chicken Scalloped Potatoes Peas & Carrots Fruit Juice WW Bread 1% Milk	8 Chef's Choice 3 oz. Protein 3 fruit/veg. 2 starches/starchy veg. 1 legume 1% Milk	9 Hot Beef Sandwich W/ Gravy (1 slice whole grain bread) Mashed Potatoes Zucchini & Tomatoes Fruit Juice 1% Milk	10 Baked Pork Chop Parsley Noodles California blend Fruit Chocolate chip cookie WW Bread 1% Milk	11 Baked Potato Bar Chili, Cheese. Sour cream, Chives, etc. Broccoli Baked Apples Juice Whole Grain Roll 1% Milk
14 Bistro Chicken Red Potatoes Spinach Fruit Juice Whole Wheat Bread 1% Milk	15 BBQ Pork on Bun Seasoned Potato Wedges Vegetable Blend Fruit Juice 1% Milk	16 Turkey w/ low fat gravy stuffing Sweet Potatoes Bean Salad Juice 6oz. 1% Milk	17 Stuffed Green Pepper with Brown Rice w/tomato sauce Baby Carrots Fruit Juice Whole Grain Bread 1% Milk	18 Broccoli cheese Soup. Lettuce with Tomato & Onion Hamburger on Bun Fruit Juice 1% Milk
21 Baked Ham Parsley Potatoes Brussel Sprouts Applesauce WW Bread 1% Milk	22 Chicken Pot Pie w/ Pot., carrots & biscuit Spinach Fruit Crisp Juice 1% Milk	23 Chicken Cordon Blue Brown Rice Pilaf Peas Fruit Juice Bread 1% Milk	24 Meatball marinara Penne pasta Green beans Apple bread Grape Juice	25 Pasta Fagioli Soup (pasta, gr. beef) Deli Sandwich w/ 2 oz. meat on WW Bread Lettuce, Tomato, Onion Salad Fruit Juice 1% Milk
28 Parmesan Crusted Chicken Mashed Potatoes Broccoli Fruit Whole Grain Bread 1% Milk	29 Rigatoni w/ Italian Sausage & sauce Veggie blend Fruit Juice Whole Wheat Bread 1% Milk	30 Sausage gravy & Biscuits (If gravy, 3 oz. sausage low sodium, 2 oz. biscuit) Home fries Banana Fruit Salad (mandarin oranges, strawberries) Orange Juice 1% Milk	31 Cheeseburger on WW bun French Fries Baked Beans Whole Bananas with Pudding Juice 1% Milk	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Beef Stew w/ Pot, carrots & celery Collard greens Applesauce w/cinnamon Biscuit 1% Milk
4 Sloppy Joes on whole grain bun Tater Tot Broccoli Fruit Cucumber, Tomato & Onion Salad 1 % Milk	5 Fish Seasoned Fries Spinach Fruit Juice Corn Bread 1% Milk	6 Baked Chicken Buttered/Parsley Potatoes Green Beans Pineapple Juice WW Bread 1 % Milk	7 Peachy Pork Chops Seasoned Red Beans & Rice Brussel Sprouts Mandarin Oranges Juice Whole or 12 Grain Bread 1% Milk	8 Broccoli & Cheese Soup Deli Sandwich on WW Bread Lettuce, Tomato, Onion Salad Fruit Juice 1% Milk
11 Creamed Chicken over 2oz Biscuit Mashed Potatoes Mixed Veg. Fruit cocktail Juice 1 % Milk	12 Spaghetti Winter Blend Veg. Peaches Tossed salad Whole Wheat Roll. 1 % Milk	13 Valentine's Day Meal Baked Steak/ gravy Baked Potatoes Broccoli Red Jell-O with Berries & topping Juice Whole Wheat Bread 1% Milk	14 BBQ Rib on WW Bun Oven Fries Cooks choice Veg. (no starch) Coleslaw Juice 1% Milk	15 White Chicken Chili Salad Bar (meat, leafy greens, beans, egg, vegetables etc.) Fruit Juice Crackers 1% Milk
18 Pepper Steak w/ Onion Mashed Potatoes w/gravy California Blend Veggies Fruit Crisp Juice Bread 1% Milk	19 Chicken Church Casserole w/ Pasta, peppers, cheese Spinach (serve with vinegar on side) Fruit Juice WW Bread 1% Milk	20 Hot Turkey Sandwich Mashed Potatoes w/ gravy Maple glazed Carrots Cherry Crisp Juice Bread 1% Milk	21 Salmon Cakes w/ dill sauce Butter Noodles Stewed Tomatoes Fruit Caesar Salad Whole Grain Bread 1% Milk	22 Ham & Bean Soup Small Chef salad (Meat, Leafy greens, egg, tomato, onion, etc.) Fruit Juice Whole Wheat Bread 1% Milk
25 Salisbury Steak Mashed Potatoes Carrots Fruit Juice Whole Wheat Bread 1% Milk	26 Chef's Choice 2-3 oz. Protein 1 Legume 3 fruit/vegetables 2 starches/starchy veggies WW Bread 1 % Milk	27 Breaded Fish Rice Pilaf Stewed Tomatoes Fruit w topping Cucumber/Onion w/ Low Fat Italian Dressing Whole Wheat Bread 1% Milk	28 Oven Fried Chicken Mashed potatoes Peas Fruit Juice WW Bread 1% Milk	

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Brunswick Stew Coleslaw Corn Bread Fruit Juice 1% Milk
4 Taco Salad (tortilla shells, meat, cheese, lettuce, tomato, onion, salsa, etc.) Refried Beans Fruit Juice 1% Milk	5 Pasta Primavera with Fajita Chicken, broccoli, carrots, Spaghetti Noodles Salad Fruit Garlic Bread 1% Milk	6 Kielbasa & Sauerkraut Mashed Potatoes Tomato & Zucchini Angel Food Cake with ½ c Berries Whole Grain Bread 1% Milk	7 Spaghetti w/ meat. & sauce Green Beans Ambrosia Salad Juice WW Roll 1% Milk	8 Tomato Soup with Basil Turkey Bacon Club w/ lettuce & Tomato on Whole Wheat bun Spiced Pears Juice 1% Milk
11 Stuffed Shells w/cheese & sauce Spinach Apple Crisp Tossed Salad w/egg Garlic Toast 1% Milk	12 Chef's Choice 3 oz. Protein 3 fruit/vegetables 1 starch/starchy vegetable 1 Whole Grain 1% Milk	13 St Patrick Day Celebration *New England Boiled Dinner 1 ½ c (Ham-3 oz.; Carrots ½ c, Cabbage ½ c; Potatoes ½ c) Pears/green Jell-O Biscuit 1% Milk	14 Chicken & Stuffing Casserole Peas and Carrots Juice Apple Pie Whole Grain Bread 1% Milk	15 Chili with Beans Small Chef's Salad (lettuce-, carrots, onion, other veggies, cheese, HC egg) Fruited Jell-O w/ topping Juice Dinner Roll 1% Milk
18 Lasagna Green Bean Peaches Juice Garlic Bread 1% Milk	19 "Top Your Dog" Hot Dog on Bun with chili, cheese, kraut, mustard, ketchup, onions Bean Baked Beans Fruit Coleslaw Juice 1% Milk	20 Hot Turkey Sandwich Mashed Potatoes/Gravy Glazed Carrots banana Juice WW Roll 1% Milk	21 Salmon Pattie Parsley Noodles Stewed tomatoes Fruit Juice Whole Grain Bread 1% Milk	22 Hearty Italian Chicken Chowder Salad Bar (greens, veggies, meat, cheese, H.C. egg, beans, etc.) Fruit Whole Grain Roll or Whole Grain Crackers 1% Milk
25 Meatloaf Mashed Potatoes with Gravy Winter Blend Mix Fruit Juice WW Bread 1% Milk	26 Chicken Pattie on WW bun Au gratin Potatoes Mixed vegetables Fruit Juice Milk	27 Pizza Party! Pizza Salad Bar (meat, leafy greens, beans, egg, vegetables etc.) Fruit Juice 1% Milk	28 Chicken Pot Pie (1/2 c. veg., 3 oz. meat, crust) Mashed Potatoes Sunshine Salad (pineapple, carrots, Jell-O) Juice 1% Milk	29 Sausage Patty/ WW bun Tatar Bites Tomato wedges Scalloped Apples Juice 1% Milk