



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



## November 2024

Mon	Tue	Wed	Thu	Fri
				<p>1 Rosemary Chicken Macaroni &amp; Cheese WW Dinner Roll Brussels Sprouts &amp; Tomatoes Tropical Fruit Cup Pineapple Juice Margarine</p>
<p>4 Chicken Alfredo WW Dinner Roll Broccoli Florets Baked Winter Squash Apple Juice Margarine</p>	<p>5 Baked Pork Chop WW Dinner Roll Navy Beans Parslied Carrots Brussels Sprouts Diced Pears Margarine</p>	<p>6 Meatloaf Mashed Potatoes WW Dinner Roll Steamed Buttered Greens Tropical Fruit Cup Pineapple Juice Margarine</p>	<p>7 Rotisserie Chicken Glazed Sweet Potatoes WW Dinner Roll Garden Salad FF Italian Dressing Peas &amp; Onions Mandarin Oranges Margarine</p>	<p>8 Salmon Patty Macaroni &amp; Cheese WW Dinner Roll Sauteed Zucchini Parsley Cauliflower Apple Margarine</p>
<p>11 <b>Senior Activity Centers Closed</b>  <b>No Home Delivered Meals</b>  </p>	<p>12 Baked Chicken Bread Dressing Mashed Potatoes &amp; Gravy WW Dinner Roll Green Beans Almondine Applesauce Cranberry Juice Margarine</p>	<p>13 Turkey Chili w/Beans Cornbread Garden Salad FF Ranch Dressing Balsamic Brussels Sprouts Fruit Punch Juice Margarine</p>	<p>14 Oven Fried Chicken Cinnamon Sweet Potatoes Baby Lima Beans Confetti Coleslaw Harvard Beets Hot Spiced Apples</p>	<p>15 Potato Breaded Pollock White Rice Pilaf WW Dinner Roll Seasoned Kale Stewed Tomatoes Blushing Pears Margarine</p>
<p>18 Country Fried Steak Mashed Potatoes Country Gravy WW Dinner Roll Green Beans Seasoned Spinach Chilled Pineapple Margarine</p>	<p>19 Sliced Turkey Breast Poultry Gravy Sage Bread Dressing Cinnamon Sweet Potatoes Cranberry Relish Seasoned Kale Grape Juice Pumpkin Pie</p>	<p>20 Baked Ziti Garlic Breadstick Marinated Broccoli Garden Salad LoCal Italian Dressing Cranberry Juice</p>	<p>21 Liver &amp; Onions Rice Pilaf WW Dinner Roll Peas &amp; Onions Seasoned Zucchini Mandarin Oranges Margarine</p>	<p>22 Maple Glazed Ham WW Dinner Roll Blackeyed Peas Brussels Sprouts &amp; Tomatoes Spiced Apples LS Tomato Juice Margarine</p>
<p>25 Apricot Glazed Pork Loin Au Gratin Potatoes WW Dinner Roll Seasoned Cabbage Savory Carrots Apple Juice Margarine</p>	<p>26 Roast Beef Navy Beans Mashed Potatoes &amp; Gravy Roasted Brussels Sprouts Chilled Fruit Cocktail Grape Juice</p>	<p>27 Stuffed Shells &amp; Sauce WW Dinner Roll Seasoned Broccoli Caesar Salad Peaches &amp; Pears Margarine</p>	<div style="border: 2px solid orange; padding: 10px; display: inline-block;">  </div>	<p>29</p>
			<p><b>Senior Activity Centers Closed</b></p>	

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. 1065

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

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

Meals cost the Department \$7. 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 \$7.

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



## December 2024 Menu



Mon	Tue	Wed	Thu	Fri
<b>2</b> Turkey Burger on WW Bun Lettuce & Tomato Roasted Red Potatoes Broccoli Spears Chilled Pineapple Fruit Punch Condiments	<b>3</b> BBQ Riblette WW Dinner Roll Macaroni & Cheese Glazed Baby Carrots Collard Greens Tomato Juice	<b>4</b> Lasagna Garlic Bread Brussels Sprouts Baked Apples Grape Juice	<b>5</b> Chicken Florentine Scalloped Potatoes WW Dinner Roll Peas & Carrots Seasoned Kale Mandarin Oranges	<b>6</b> Herb Baked Chicken Bread Dressing Mashed Potatoes Chicken Gravy Parslied Carrots Mandarin Oranges Fruit Punch Juice
<b>9</b> Turkey Pot Pie WW Dinner Roll Sauteed Spinach Pickled Beets Tomato Juice	<b>10</b> Roast Beef Mashed Potatoes Gravy WW Dinner Roll Peas & Carrots Mandarin Oranges Apple Juice	<b>11</b> Swedish Meatballs Egg Noodles WW Dinner Roll Cauliflower & Red Pepper Seasoned Carrots Fruit	<b>12</b> Rosemary Chicken Baby Lima Beans WW Dinner Roll Steamed Broccoli Baked Winter Squash Blushing Pears	<b>13</b> Chicken Cordon Bleu WW Dinner Roll Mashed Sweet Potatoes Green Beans Applesauce Cranberry Juice
<b>16</b> Chicken Fettucine Alfredo WW Dinner Roll Seasoned Broccoli Baked Winter Squash Apple Juice	<b>17</b> Baked Pork Chop WW Dinner Roll Navy Beans Parslied Carrots Brussels Sprouts Diced Pears	<b>18</b> Meatloaf Mashed Potatoes WW Dinner Roll Steamed Buttered Greens Tropical Fruit Cup Pineapple Juice	<b>19</b> Rotisserie Chicken Glazed Sweet Potatoes WW Dinner Roll Peas & Onions Mandarin Oranges Juice	<b>20</b> Salmon Patty Macaroni & Cheese WW Roll Herbed Zucchini Parsley Cauliflower Apple
<b>23</b> Kielbasa & Sauerkraut Roasted Red Potatoes WW Roll Parsley Cauliflower Pineapple Juice Tropical Fruit Cup	<b>24</b> Senior Activity Centers Closed No Home Delivered Meals	<b>25</b> Senior Activity Centers Closed No Home Delivered Meals 	<b>26</b> Senior Activity Centers Closed No Home Delivered Meals	<b>27</b> Potato Breaded Pollock Wild Rice Pilaf WW Roll Seasoned Kale Stewed Tomatoes Blushing Pears
<b>30</b> Country Fried Steak Country Gravy Mashed Potatoes WW Roll Green Beans Seasoned Spinach Chilled Pineapple	<b>31</b> Garlic & Sage Chicken Thighs Seasoned Orzo Pasta WW Dinner Roll Butter Greens Parslied Carrots Orange Juice			

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