

# GARRETT COUNTY SENIOR NUTRITION PROGRAM

July 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 All beef hotdog on bun with chili, cheese, mustard, ketchup, onions Baked beans Cole Slaw Melon 1% Milk
4  <b>Independence Day Centers Closed</b>	5 Sloppy Joe / WW Bun Tator Tots Collard Greens Bean Salad Apple Crisp Juice Milk	6 Oven Fried Chicken Potatoes Wedge Green Beans Fruit Juice WW Roll 1 % Milk	7 Kielbasa/Bun Steamed Broccoli Macaroni & Cheese Fruit Juice 1% Milk	8 Pizza w/ Meat Salad Bar (mixed greens, fresh spinach, meat, cheese, hard cooked egg, beans, veggies) Fruit 1 % Chocolate Milk
11 BBQ Pork /Bun Roasted Potatoes Vegetable Blend Coleslaw Fruit 1 % Milk	12 Meatballs w/ gravy Penne Pasta Spinach (w/ vinegar on side) vanilla pudding/Banana Whole Grain Bread/Roll Juice 1% milk	13 Chicken Tenders Seasoned Fries Broccoli Bean Salad Whole Wheat Bread 1 % Milk <b>Ice Cream Social (cong.)</b> ½ c. ice cream, ½ c. fruit	14 Roasted Pork Corn Whipped Potatoes Whole Wheat bread Fruit Jell-O Chunky applesauce 1 % Milk	15 Summer Cold Plate on Bed of lettuce (1 c.) w/ Chicken Salad (3 oz.) Potato Salad (1/2 c.) Tomato Wedges (2) Cottage Cheese (1/4c). Fruit WW Crackers 1% Milk
18 Spaghetti/meat sauce Broccoli Salad Garlic Bread Fruit 1% Milk	19 Meatloaf Mashed Potatoes/gravy Green Beans Fruit Juice 1% Milk WW Bread	20 Colorful Veggie Salad Grilled Chicken on WW Bun Baked Beans Ambrosia Tarts (m. oranges, cr. Pineapples, mini marshmallows, coconut, whip topping, gram crackers- top) 1% Milk	21 Crispy Fried Chicken Potato Salad Coleslaw 4-Bean Baked Beans WW Roll Melon Cup 1% Milk	22 Steak Wedgie /lettuce, Tomato & onion French fries Creamy Cucumber salad Juice 1% Milk
25 Baked Chicken Rice Green Beans with Herb Butter Whole Grain Bread Fruit Juice 1 % Milk	26 Roast Beef w/ gravy Green Beans Mashed Potatoes Banana Juice Whole Wheat Bread 1% Milk	27 <u><b>Chef's Choice</b></u> 2 oz. protein <b>1 Legume</b> 2 starches 3 fruits/vegetables 1% Milk	28 Salisbury Steak w/ gravy Mashed Potatoes (w/ garlic) California Blend Fruit Juice WW Bread 1% Milk	29 Taco Bar/salad-(w/ refried beans, Seasoned Meat, Shredded Greens/Lettuce, chopped tomatoes & Onions, Cheese, Salsa) Fat Free Sour Cream Tortilla Chips Fruit Juice 1% Milk

# GARRETT COUNTY SENIOR NUTRITION PROGRAM

August 2022

The cost of each meal prepared is \$5.25. Voluntary contributions enable the agency to serve more meals. 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
<p>1 Sloppy joes /WW bun Tatar Tots Cucumber Tomato Salad Fruit Juice 1% Milk</p>	<p>2 <b><u>Chef's Choice</u></b> 2 oz. protein <b>1 Legume</b> 2 starches (1WW) 3 fruits/vegetables 1% Milk</p>	<p>3 Chicken Parmesan ½ c. noodles w/1/2 marinara Sauce Italian Bread Tossed Salad w/beans Watermelon Cup 1% Milk</p>	<p>4 Turkey/Swiss WW Wrap Macaroni Salad Banana Juice Applesauce Chocolate Chip Cookie 1 % Milk</p>	<p>5 <b>Breakfast for Lunch</b> Sausage Gravy over Biscuits Home Fries Sliced Tomatoes Tropical Fruit Juice 1% Milk</p>
<p>8 Italian Sausages on hoagie Roll w/green pepper &amp; onion, topped w/ marinara sauce Summer Squash Juice Fruit Milk</p>	<p>9 Bacon/Egg Salad on WW bread Lettuce, Tomato, Onion Salad Macaroni Salad Fruit 1% Milk</p>	<p>10 Hamburger on WW Bun California Blend Veggies Oven Fries Fruit Brownie 1% Milk</p>	<p>11 BBQ Ribs on WW bun Macaroni &amp; Cheese Coleslaw Fruit Juice Milk</p>	<p>12 Southwest Salad (Grilled Chicken strips 2 oz. , 1 ½ c lettuce, shr. carrots, veggies, beans, grilled corn, salsa, fat free sour cream) Fruit Juice Roll 1 % Milk</p>
<p>15 Spaghetti /meat sauce Broccoli WW Bread Juice Applesauce 1% Milk</p>	<p>16 Pulled BBQ Pork/ WW Bun Coleslaw Corn on Cob Baked Beans Melon/Cantaloupe 1% Milk</p>	<p>17 Chicken a la king over a whole Biscuit Mashed potatoes Mixed Veg Juice Applesauce with cinnamon 1% Milk</p>	<p>18 Beef Tips over noodles Lima beans Fruit Juice WW Bread 1% Milk</p>	<p>19 Ham/Turkey wrap Salad Bar( greens, beets, carrots, peppers, egg, meat, cheese, chick peas, pasta salad, potato salad and more) Fruit Crisp 1% Milk</p>
<p>22 Bistro Chicken Pasta Capri Blend Veg juice Banana WW Bread 1% Milk</p>	<p>23 Fish/bun Mac &amp; Cheese Stewed Tomatoes Fruit Juice 1% Milk</p>	<p>24 Meatloaf Mashed Potatoes Carrots Fruit Juice WW Bread 1% Milk</p>	<p>25 Pizza (w/1/2 c. chopped veggies) Pasta Salad Fruit Juice WW crackers 1% Milk</p>	<p>26 Crispy Fried Chicken Corn on cob Potato Salad 4-Bean Baked Beans Roll Melon Cup 1% Milk</p>
<p>29 Hot Dog Bar (Chili, coleslaw, onions, cheese, etc.) 4 Bean Bake Fresh Fruit Juice 1% Milk</p>	<p>30 Taco Salad (ground meat, lettuce, tomato, cheese, onion, sour cream) Refried beans Corn bread Juice Fruit 1% Milk</p>	<p>31 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</p>		

## GARRETT COUNTY SENIOR NUTRITION PROGRAM

September 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. Chicken WW wrap w/lettuce, cheese w/ salsa, low fat sour cream on side French fries Corn Cherry Crisp Juice 1% Milk	2 <b>Chef's Choice</b> 3 oz. Protein <b>1 Legume</b> 3 Fruits/Vegetables 2 Starches-(1 WW grain) 1% Milk
5 	6 Chicken Alfredo Broccoli Italian Bread Fruit Juice 1% Milk	7 Meatballs Marinara Sauce & Penne Carrots WW Roll Applesauce Juice Milk	8 Open face hot Turkey Sandwich (WW bread) Mashes Potatoes Green Beans Fruit Grape Juice 1% Milk	9 Beef & Rice Casserole Green Beans WW Roll Hot Spiced Apples Juice Milk
12 Baked Chicken w/ gravy Buttered Noodles w Parsley & Parmesan Baby Carrots Fruit Juice Whole Grain Bread % Milk	13 Lasagna Tossed Salad Garlic Toast Fruit Cup Juice 1% Milk	14 Cold cut Hoagie w/lettuce, cheese Mozzarella Veggie Salad Fruit (1/2 c.)w/Cottage cheese (2Tbs) Juice	15 Breakfast for Lunch Scrambled Eggs Ham Home Fries Tomato Slices Baked Apples w/ cinnamon Biscuit Juice Milk	16 Salisbury Steak w/ Gravy Whipped Potatoes Green Beans WW Bread Fresh Fruit Milk
19 Baked Ziti w/ Italian Sausage (1/2 c. noodles, 1/2 c. sauce/veg., 2 oz. meat, 1 oz. cheese) Tropical Fruit WW Bread 1% Milk	20 Hamburger/WW Bun Sliced Tomatoes Rings & Onion on lettuce Macaroni Salad Four Bean Bake Fruit 1% Milk	21 Pizza Chef Salad (meat cheese, egg, beans, fruit, leafy greens, carrots, cucumbers, onions, tomatoes, etc.) Fruit Crisp Milk	22 Chicken Tenders Potato wedges Celery and Dip Peas & Carrots Banana WW Roll 1% Milk	23 Baked Potato Bar (1/2 c. broccoli, cheese, chili, sour cream) Side Salad Fruit Corn Bread 1% Milk
26 Herb Crusted Chicken Scalloped Potatoes Baby Carrots Whole Wheat Bread Fresh Fruit Juice 1% Milk	27 Bratwurst Sauerkraut Mashed Potatoes Cole slaw Juice 1%Milk	28 Spaghetti/meat sauce Broccoli Side Salad Fresh Fruit Garlic Toast 1% Milk	29 Meatloaf Mashed Potatoes Vegetable blend Fruit Juice WW Bread 1% Milk	30 Chicken salad / WW bun Lettuce, tomato, onion Pickled beets Fruit salad juice 1% Milk