

GARRETT COUNTY SENIOR NUTRITION PROGRAM

January 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, ex. 6603. **Menus are subject to change. Check with your site manager if necessary.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Potato Soup Grilled Chicken Sandwich on whole wheat bun Green Beans Fruit 1% Milk	4 Chef's Choice 3 oz. Protein 3 fruit/veg. 2 starches/starchy veg. 1 legume 1% Milk	5 Hot Beef Sandwich W/ Gravy (1 slice whole grain bread) Mashed Potatoes Zucchini & Tomatoes Alma' s Orange Delight Juice 1% Milk	6 Parmesan Pork Chop Parsley Noodles California blend Apple sauce Juice Bread 1% Milk	7 Salmon Cakes w/ dill sauce Macaroni & Cheese Broccoli Fruit Cocktail Juice Whole Grain Roll 1% Milk
10 Baked Chicken Rice/ Gravy Spinach Fruit cup Cranberry Sauce Whole Wheat Bread 1% Milk	11 BBQ Pork on Bun Seasoned Potato Wedges Cauliflower Cole Slaw Pears with Cinnamon 1% Milk	12 Turkey w/ low fat gravy Parsley & Butter Noodles California Blend Veg. Cucumber, Tomato & Onion Salad Jell-O w/fruit WW Bread 1% Milk	13 Stuffed Green Pepper with Brown Rice w/tomato sauce salad Baby Carrots Fruit Crisp Whole Grain Bread 1% Milk	14 Broccoli cheese Soup Lettuce with Tomato & Onion Hamburger on Bun 4 Bean Baked Beans Fruit 1% Milk
17 Baked Ham ½ Baked sweet potato Brussel Sprouts Applesauce Juice WW Bread 1% Milk	18 Chicken Pot Pie (1/2 c. veg., 3 oz. meat, crust) Mashed Potatoes Sunshine Salad (pineapple, carrots, Jell-O) Juice 1% Milk	19 Fish sandwich on bun Mac & Cheese Stewed Tomatoes Coleslaw Fruit 1% Milk	20 Meatloaf w/low fat gravy Parsley Potatoes Winter Blend Mix Bean Salad Peaches Whole Grain Bread 1% Milk	21 Pasta Fagioli Soup (pasta, gr. beef) Deli Sandwich w/ 2 oz. meat on WW Bread Lettuce, Tomato, Onion Salad Fruit Juice 1% Milk
24 Parmesan Crusted Chicken Mashed Potatoes Peas Baked Apples Juice Whole Grain Bread 1% Milk	25 Cheeseburger on bun Butter Beans Mixed Vegetables Bananas with Pudding & Topping Pickled Egg & Beet Salad 1% Milk	26 Pizza Party! Pizza Salad Bar Fruit Juice 1% Milk	27 Rigatoni w/ Italian Sausage & sauce Side Salad Peach half/ cottage cheese Lemon Snow Whole Wheat Bread 1% Milk	28 Grilled chicken sandwich Salad Bar (w/ greens , onions, shred carrots, beans, cheese, meat, egg & more) Fruit WW Crackers 1% Milk
31 Sloppy Joes on whole grain bun Tater Tots Broccoli Fruit Cucumber, Tomato & Onion Salad 1 % Milk				

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	1 Fish Mac & Cheese Stewed Tomatoes Fruit 3-bean salad Whole Grain Bread 1% Milk	2 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	3 Oven Fried Chicken Scalloped Potatoes Brussel Sprouts Fruit Juice WW Bread 1% Milk	4 Beef Stew Side Salad Applesauce w/cinnamon Coleslaw Biscuit 1% Milk
7 Chef's Choice 2-3 oz. Protein 1 Legume 3 fruit/vegetables 2 starches/starchy veggies 1 % Milk	8 Chicken Church Casserole w/ Pasta, peppers, cheese Spinach (serve with vinegar on side) Fruit Juice WW Bread 1% Milk	Valentine's Day Meal Ham Red Roasted Potatoes Broccoli Red Jell-O with Berries & topping Juice Whole Wheat Bread 1% Milk	10 BBQ Rib on WW Bun Oven Fries Cooks choice Veg. (no starch) Coleslaw Juice 1% Milk	11 Broccoli & Cheese Soup Deli Sandwich on WW Bread Lettuce, Tomato, Onion Salad Fruit Juice 1% Milk
14 Spaghetti Winter Blend Veg. Peaches Tossed salad Whole Wheat Roll. 1 % Milk	15 Creamed Chicken over 2oz Biscuit Mashed Potatoes Mixed Veg. Fruit cocktail Juice 1 % Milk	16 Baked Steak with gravy & onions Buttered/Parsley Potatoes Green Beans Pineapple Juice WW Bread 1 % Milk	17 Peachy Pork Chops Seasoned Red Beans & Rice Brussel Sprouts Mandarin Oranges Juice Whole or 12 Grain Bread 1% Milk	18 Ham & Bean Soup Chef Salad (meat, leafy greens, egg, vegetables) Fruit Juice Corn Bread 1% Milk
21 Pepper Steak w/ Onion Mashed Potatoes w/gravy California Blend Veggies Fruit Crisp Juice Bread 1% Milk	22 White Chicken Chili Salad Bar (meat, leafy greens, , beans, egg, vegetables etc.) Fruit Juice Crackers 1% Milk	23 Hot Turkey Sandwich Mashed Potatoes w/ gravy Maple glazed Carrots Banana Juice WW Bread 1% Milk	24 Salmon Cakes w/ dill sauce Macaroni & Cheese Stewed Tomatoes Fruit Caesar Salad Whole Grain Bread 1% Milk	25 BBQ Chicken Baked Beans Mixed Vegetables Fruit Juice Whole Wheat Bread 1% Milk
28 Salisbury Steak Mashed Potatoes Lima Beans Fruit Juice Whole Wheat Bread 1% Milk				

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork chop Mashed Potatoes Green Beans Fruit Juice WW Bread 1% Milk	2 Breaded Fish Rice Pilaf Stewed Tomatoes Fruit w topping Cucumber/Onion w/ Low Fat Italian Dressing Whole Wheat Bread 1% Milk	3 Stuffed Shells w/cheese & sauce Spinach Fruit Crisp Tossed Salad w/egg Garlic Toast 1% Milk	4 Brunswick Stew Coleslaw Corn Bread Fruit Juice 1% Milk
7 Taco Salad (tortilla shells, meat, cheese, lettuce, tomato, onion, salsa, etc.) Refried Beans Fruit Juice 1% Milk	8 Pasta Primavera with Fajita Chicken, broccoli, carrots, Spaghetti Noodles Salad Fruit Garlic Bread 1% Milk	9 Kielbasa & Sauerkraut Mashed Potatoes Tomato & Zucchini Angel Food Cake with ½ c Berries Whole Grain Bread 1% Milk	10 Spaghetti w/ meat. & sauce Green Beans Ambrosia Salad Juice WW Roll 1% Milk	11 Tomato Soup with Basil Grilled Chicken Sandwich w/ lettuce & Tomato on Spiced Pears Juice Whole Grain Bread 1% Milk
14 Pork Piccata Scalloped Potatoes Tossed Salad Fruit Cup Juice Whole Grain Bread 1% Milk	15 Chicken & Stuffing Casserole Peas and Carrots Mandarin Oranges Tomato Juice Whole Grain Bread 1% Milk	16 St Patrick Day Celebration *New England Boiled Dinner 1 ½ c (Ham-3 oz.; Carrots, Cabbage ½ c; Potatoes ½ c) Fruit Juice Biscuit 1% Milk	17 Chef's Choice 3 oz. Protein 3 fruit/vegetables 1 starch/starchy vegetable 1 Whole Grain 1% Milk	18 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
21 Lasagna Green Bean Peaches Juice Garlic Bread 1% Milk	22 *HD "Top Your Dog" Hot Dog on Bun with chili, cheese, kraut, mustard, ketchup, onions 4 Bean Baked Beans Fruit Coleslaw Juice 1% Milk	23 Easter Dinner Ham Baked Sweet Potato Green Beans Cole slaw Applesauce WW Roll 1% Milk	24 Salmon Pattie Parsley Potatoes Stewed tomatoes Fruit Juice Whole Grain Bread 1% Milk	25 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
28 Meatloaf Mashed Potatoes with Gravy Winter Blend Mix Fruit Juice WW Bread 1% Milk	29 Chicken Pattie on bun Oven Fries Mixed vegetables Fruit Juice Milk	30 Pizza Party! Pizza Salad Bar Fruit Juice 1% Milk	31 Chicken Pot Pie (1/2 c. veg., 3 oz. meat, crust) Mashed Potatoes Sunshine Salad (pineapple, carrots, Jell-O) Juice 1% Milk	