



Monthly Menus

[CLICK HERE](#)

Bain 50+ Center

[CLICK HERE](#)

East Columbia 50+ Center

[CLICK HERE](#)

Ellicott City 50+ Center

[CLICK HERE](#)

Elkridge 50+ Center

[CLICK HERE](#)

Glenwood 50+ Center

[CLICK HERE](#)

North Laurel 50+ Center

Let's Do Lunch! December 2025

12:00 PM | **Bain 50+ Center** | Great Room III



Monday	Tuesday	Wednesday	Thursday	Friday
1 Seaweed Soup Yellow Curry and Rice Kimchi Seasonal Vegetables Fruit and Soy Milk	2	3 Chicken Salad Sandwich Baby Carrots and Fruit Snack Bag Colby Cheese Stick Juice and Chocolate Milk	4	5
8 Bean Sprout Soup Boneless Pork Rib and Rice Kimchi Seasonal Vegetables Fruit and Soy Milk	9	10 <i>Holiday Luncheon</i> <i>See the Front Desk for a Ticket</i>	11	12
15 Kimchi Radish Soup Chicken Cutlet and Rice Kimchi Seasonal Vegetables Fruit and Soy Milk	16	17 <i>OAI All Staff Meeting</i> <i>No Lunch Served</i>	18 REGISTRATION DAY	19
22 Ranch Chicken Salad Garden Salad Apple Juice Yogurt	23	24 <i>No Lunch Served</i>	25 <i>Centers Closed</i> <i>No Lunch Served</i>	26 <i>No Lunch Served</i>
29 Cranberry Pecan Chicken Salad Sandwich Garden Salad Apple Juice Yogurt	30	31 <i>No Lunch Served</i>		

Reminder: To reserve a meal, please sign-up in advance. Participants under 60 must pay for the cost of the meal by purchasing a meal ticket or 5-meal punch card at the front desk. Participants over age 60 and their spouses will have the opportunity to provide a confidential donation towards the cost of the meal.

Let's Do Lunch! December 2025

12:00 PM | **East Columbia 50+ Center** | Great Room III




Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Birthday Bash Southwest Chicken Pasta Salad Garden Salad Fruit Punch and Yogurt Dessert	3	4 Meatless Sloppy Joe Roasted Sweet Potatoes Green Beans Burger Bun Applesauce Milk	5 Old Bay Seafood Salad Mini Shell Pasta Garden Salad Apple Cranberry Juice Yogurt
8	9 Tuna Fish Salad Baby Carrot and Salad Snack Bag Colby Stick Juice & Milk	10	11 Veggie Burger Potato Wedges Garden Salad Apple and Milk	12 BBQ Chick'n Nuggets Mac and Cheese Sauteed Green Beans Cornbread Apple Sauce and Milk
15	16 Turkey Bologna Sandwich Coleslaw Fruit Punch Yogurt	17 OAI All Staff Meeting <i>No Lunch Served</i>	18 Tofu Marsala Mashed Potatoes Green Beans Dinner Roll Apple and Milk REGISTRATION DAY	19 Nutrition Team Meeting <i>No Lunch Served</i>
22	23 Tuna Salad w/ Cous Cous Bean Salad Grape Juice Yogurt	24 <i>No Lunch Served</i>	25 Centers Closed <i>No Lunch Served</i>	26 <i>No Lunch Served</i>
29	30 Asian Chicken Pasta Salad Garden Salad Fruit Punch Yogurt	31 <i>No Lunch Served</i>		

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Let's Do Lunch! December 2025

12:00 PM | Elkridge 50+ Center



Monday	Tuesday	Wednesday	Thursday	Friday
1 Roasted Pork Tenderloin German Cucumber Salad Garlic Mashed Potatoes Sliced Apples Chocolate Milk	2	3	4	5
8 Creamy Chicken Corn Pasta Salad Garden Salad Apple Juice Yogurt	9	10	11	12
15 Curried Chicken Salad Baby Carrots and Salad Snack Pack Colby Cheese Stick Fruit Juice and Milk	16 Roasted Stuffed Chicken Wild Rice Blen Roasted Root Vegetables Pound Cake Apple Juice and Milk	17 OAI All Staff Meeting <i>No Lunch Served</i>	18 REGISTRATION DAY	19
22 Cheese Ravioli with Marinara Sauteed Spinach Dinner Roll Apple and Milk	23	24 <i>No Lunch Served</i>	25 Centers Closed <i>No Lunch Served</i>	26 <i>No Lunch Served</i>
29 Cranberry Pecan Chicken Salad Sandwich Garden Salad Apple Juice Yogurt	30	31 <i>No Lunch Served</i>		

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Let's Do Lunch! December 2025

12:00 PM | Ellicott City 50+ Center | 410-313-1400

Members who miss three meals without cancelling in advance will lose the privilege of pre-registering for next month.



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Southwest Chicken Pasta Salad Garden Salad Yogurt & Juice	3 Meatloaf w/Gravy Brown Rice Seasoned Green Beans Diced Peaches Milk & Juice	4 Craft Show Set-Up <i>No Lunch Served</i>	5
8	9 Indian Butter Chicken Bombay Brown Rice Indian Cucumber Salad Mandarin Oranges Milk & Juice	10 Fish Fillet-Black Bean Chicken-Chow Mein Sauteed Vegetables Rice Soy Milk	11 Holiday Party <i>Purchase Tickets at the Front Desk \$15</i>	12
15	16 Greek Chickpea Bowl Feta Tzatziki Rice Roasted Vegetables Apple Milk	17 OAI Staff Meeting <i>No Lunch Served</i>	18 Tofu Marsala Mashed Potatoes Green Beans Apple Milk REGISTRATION DAY	19
22	23 Tuna Salad Couscous Bean Salad Yogurt & Grape Juice	24 <i>No Lunch Served</i>	25 Centers Closed <i>No Lunch Served</i>	26
29	30 Asian Chicken Noodle Pasta Salad Garden Salad Yogurt & Juice	31 <i>No Lunch Served</i>		

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Let's Do Lunch! December 2025

12:00 PM | Glenwood 50+ Center | 410-313-5440




Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 Farmhouse Egg Pasta Salad Garden Salad Grape Juice Yogurt	5
8	9	10 Holiday Party <i>See Front Desk for Details</i>	11 Italian Turkey Sandwich Garden Salad Grape Juice Yogurt	12
15	16	17 OAI All Staff Meeting <i>No Lunch Served</i>	18 Beef Steak Garlic Mashed Potatoes Corn & Sweet Peppers Confetti Cake Apple Juice & Milk REGISTRATION DAY	19
22	23	24 <i>No Lunch Served</i>	25 Centers Closed <i>No Lunch Served</i>	26 <i>No Lunch Served</i>
29	30	31 <i>No Lunch Served</i>		

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Let's Do Lunch! December 2025

12:00 PM | North Laurel 50+ Center | Chesapeake I



Monday	Tuesday	Wednesday	Thursday	Friday
¹ Tarragon and Apple Chicken Salad Sandwich Garden Salad Fruit Punch Yogurt	²	³	⁴	⁵ Old Bay Seafood Salad Mini Shell Pasta Garden salad Apple Cranberry Juice Yogurt
⁸ Pork with Black Bean Sauce Salt and Pepper Fish Rice Sauteed Vegetables Soy Milk	⁹	¹⁰	¹¹	¹² Asian Shrimp Noodle Salad Garden Salad Apple Juice Yogurt
¹⁵ Chicken Salad Sandwich Coleslaw Apple Juice Yogurt	¹⁶	¹⁷ OAI All Staff Meeting <i>No Lunch Served</i>	¹⁸ REGISTRATION DAY	¹⁹ <i>Birthday Bash</i> Turkey Cranberry Salad Baby Carrots and Salad Snack Bag Mozzarella Cheese Stick Chocolate Milk & Cupcakes
²² Ranch Chicken Salad Garden Salad Apple Juice Yogurt	²³	²⁴ <i>No Lunch Served</i>	²⁵ Centers Closed <i>No Lunch Served</i>	²⁶ <i>No Lunch Served</i>
²⁹ Cranberry Pecan Chicken Salad Sandwich Garden Salad Apple Juice Yogurt	³⁰	³¹ <i>No Lunch Served</i>		

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