



Monthly Menus

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Bain 50+ Center

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East Columbia 50+ Center

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Ellicott City 50+ Center

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Elkridge 50+ Center

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Glenwood 50+ Center

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North Laurel 50+ Center

Let's Do Lunch! April 2026

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



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3 Centers Closed <i>No Lunch Served</i>
6 Seaweed Soup Pork Curry with Rice Kimchi Seasonal Vegetables Fruit and Milk	Salisbury Steak Roasted Potatoes Seasoned Greens Amish White Bean Salad Juice and Milk	8	9	10 Turkey Cranberry Salad Baby Carrots and Salad , Snack Bag Mozzarella Cheese stick Juice and Chocolate Milk
13 Bean Sprouts Soup Chicken Wings with Rice Kimchi Seasonal Vegetables Fruit and Milk	Lentil & Spinach Soup Tuna Salad Sandwich Corn & Edamame Apple Sauce and Milk	15 Nutrition Team Meeting <i>No Lunch Served</i>	16	17 Pasta w/ Meat Sauce Ceasar Salad Apricot Halves Juice and Milk
20 Kimchi Radish Soup Pork Rib with Vegetables Kimchi Seasonal Vegetables Fruit and Milk	Chicken Breast w/ Ranch Cream Sauce Yellow Rice Pilaf Peas & Carrots Pineapple Tidbits Juice and Milk	22 REGISTRATION DAY	23	24 White Turkey & Bean Chili Brown Rice Sauteed Spinach Cornbread Juice and Milk
27 Kale Soup Beef Bulgogi with Rice Kimchi Seasonal Vegetables Fruit and Milk	Classical Meat loaf w/ Gravy Seasoned Green Beans Diced Peaches Pineapple Orange Juice Juice and Milk	29	30	

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! April 2026

12:00 PM | East Columbia | Multi Purpose Room III



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Roast Pork Loin Sweet Potatoes Corn Obrien Ambrosia Salad Coconut Pie/ Milk	3 Centers Closed <i>No Lunch Served</i>
6	7 Hot Dog Whole Grain Hot Dog Bun Cole Slaw Baked Beans Diced Pears Milk	8	9 Cream of Broccoli Soup BBQ Chicken Sandwich Cole Slaw Fruited Yogurt Orange Juice	10
13	14 Lentil & Spinach Soup Tuna Salad Sandwich Corn & Edamame Applesauce Milk	15 Nutrition Team Meeting <i>No Lunch Served</i>	16 Egg Salad White Wheat Bread Baby Carrot/ and Fruit Chips or Cookie Mozzarella Cheese Stick Juice and Yogurt	17
20	21 Chicken Breast Yellow Rice Pilaf Peas & Carrots Pineapple Tidbits Orange Juice and Milk	22 REGISTRATION DAY	23 Ham & Cheese Baby Carrots and Fruit Chips or Cookie Mozzarella Cheese Stick Yogurt and Juice	24 Tuna Pasta Salad Whole Grain Pasta Veggie Bean Salad Fruit Punch Yogurt
27	28 Meatloaf w/ Gravy Seasoned Green Beans Whole Grain Brown Rice Diced Peaches Milk	29	30 Samon Patty Rice Pilaf Sauteed Spinach Whole Grain Cornbread Fruit Cup Milk	

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Let's Do Lunch! April 2026

12:00 PM | Elkridge 50+ | 410-313-5192



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Fried Chicken Patty Sand. Baby Carrots and Fruit Snack Bag Cheese Stick Milk and Fruit Juice	2	3 Centers Closed <i>No Lunch Served</i>
6 Creamy Chicken & Corn Veggie Pasta Salad Veggie Bean Salad Applesauce Yogurt	7	8 Chicken Breast w/ Caccitore Sauce Yellow Rice Pilaf Green Peas Tropical Fruit Milk and Fruit Juice	9	10
13 Baked Potato Bar Chili con Carne Spinach Salad Applesauce Wheat Bread Milk and Fruit Juice	14	15 Nutrition Team Meeting <i>No Lunch Served</i>	16	17
20 Meatloaf Mashed Potatoes Applesauce Sliced Carrots Milk and Fruit Juice	21	22 Meatball Sub Seasoned Green Beans Mandarin Oranges Milk and Fruit Juice	23 REGISTRATION DAY	24
27 Bologna, Salami, & Cheese Sandwich Baby Carrots Snack Bag Cheese Stick Milk and Fruit Juice	28	29 Greek Chicken Grain Bowl Greek Salad Apricot Halves Milk and Fruit Juice	30	

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Let's Do Lunch! April 2026

12:00 PM | Ellicott City 50+ Center Connections



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Butter Chicken with Rice Roasted Zucchini Pita Bread Banana & Milk	2 Roasted Pork Loin Sweet Potatoes Corn O'Brien Ambrosia Salad Milk	3 Centers Closed No Lunch Served
6	7 Salisbury Steak Roasted Potatoes Green Beans White Bean Salad Juice & Milk	8 Chicken Caccitore Yellow Rice Pilaf Green Peas Tropical Fruit Juice & Chocolate Milk	9 Tuna Salad Sandwich Potato Salad 3-Bean Salad Mandarin Oranges Juice & Milk	10
13	14 Pasta with Meat Sauce Caesar Salad Apricot Halves Juice & Milk	15 Nutrition Team Meeting No Lunch Served	16 Chicken Piccata with Rice Buttered Carrots Green Pea & Red Pepper Salad Juice & Chocolate Milk	17
20	21 Breaded Fish Sandwich Mixed Vegetables Fruit Cocktail Juice & Milk	22 Chicken Salad Baby Carrots and Fruit Snack Bag Colby Cheese Stick Juice & Chocolate Milk REGISTRATION DAY	23 Chicken Alfredo Zucchini & Tomatoes Cinnamon Apples Juice & Fruited Yogurt	24
27	28 Meatloaf with Gravy Rice Seasoned Green Beans Diced Peaches Juice & Milk	29 Squid Stir-fry Pickled Mustard-Green Beef Chow-Fun Chinese Broccoli Soy milk & Rice	30 Spring Craft Show Set-up No Lunch Served	

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Let's Do Lunch! April 2026

12:00 PM | Glenwood 50+ Center | Multi-Purpose Room 1



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 White Bean Soup Turkey-Ham Macaroni Salad Spinach Salad Pineapple Tidbits Milk	3 Centers Closed <i>No Lunch Served</i>
6	7	8	9 Ham & Cheese Sandwich Baby Carrots Snack Bag Cheese Stick Yogurt and Fruit Juice	10 Sliced Ham w/Raisin Sauce Au Gratin Potatoes Honey Maple Carrots Pineapple Tidbits Milk and Fruit Juice
13	14	15 Nutrition Team Meeting <i>No Lunch Served</i>	16 Creamy Chicken Piccata with Rice Buttered Carrots Pepper/Green Pea Salad Milk and Fruit Juice	17 Turkey/Cheese Sandwich Baby Carrots Snack Bag Cheese Stick Yogurt and Fruit Juice
20	21	22 REGISTRATION DAY	23 Chicken Alfredo Mixed Salad Zucchini & Tomatoes Cinnamon Applesauce Fruit Yogurt and Juice	24 Turkey Cran. Salad Sand. Baby Carrots Snack Pack Cheese Stick Milk and Fruit Juice
27	28	29	30 Sliced Corn Beef Mashed Potatoes Braised Red Cabbage Corn & Pea Salad Tropical Fruit and Milk	

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Let's Do Lunch! April 2026

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



Monday	Tuesday	Wednesday	Thursday	Friday
		¹ Cheddar Cheeseburger Corn O'Brien Creamy Cucumber Salad Milk	² Egg Salad Sandwich Baby Carrot and Fruit Snack Bag Cheese Stick Milk	³ Centers Closed <i>No Lunch Served</i>
⁶ Chicken Breast Fricassee Rice Pilaf Mixed Vegetables Sliced Apples Milk REGISTRATION DAY	⁷	⁸ Chicken Salad Sandwich Baby Carrot and Salad Snack Bag Cheese Stick Milk	⁹ Cream of Broccoli Soup BBQ Chicken Sandwich Fresh Cole Slaw Fruited Yogurt Orange Juice	¹⁰
¹³ "Chicken Breast Lemon Rice Pilaf Green Beans Cinnamon Apple Slices Milk	¹⁴ Tasty Tidbits 1:00 PM Chesapeake I	¹⁵ Nutrition Team Meeting <i>No Lunch Served</i>	¹⁶ Squid Stir-fry w/Pickled Mustard-Green Beef Chow Fun Chinese Broccoli Soymilk & Rice	¹⁷
²⁰ Curried Chicken Salad Baby Carrot and Salad Snack Bag Cheese Stick Milk	²¹	²² Meatball & Cheese Sub Seasoned Green Beans Mandarin Oranges Milk	²³ Chicken Alfredo Zucchini & Tomatoes Cinnamon Applesauce Fruited Yogurt REGISTRATION DAY	²⁴
²⁷ Ground Beef Tacos Pinto Beans and Rice Flour tortillas Apple Milk	²⁸	²⁹ Birthday Bash! 2 Slices of Pizza Garden Salad Fruit and Milk Dessert	³⁰ Cranberry Pecan Chicken Salad Garden Salad Apple Cranberry juice Yogurt	

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