



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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North Laurel 50+ Center

Let's Do Lunch! August 2025

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


Monday	Tuesday	Wednesday	Thursday	Friday
				¹ Turkey Cranberry Salad Baby Carrots and Salad Snack Bag/Chips or Cookie Mozzarella Cheese Stick Chocolate Milk
⁴ Seaweed Soup Pork Black Bean Sauce with Rice Kimchi and Vegetables Fruit and Yogurt	⁵	⁶ White Bean Alfredo Penne Pasta Vegetable Medley Orange and Dinner Roll Milk	⁷	⁸
¹¹ Bean Sprout Soup Spicy Pork with Rice Kimchi and Vegetables Fruit and Yogurt	¹²	¹³ Balsamic Chicken Wrap Garden Salad Yogurt and Grape Juice <i>Vegetarian Option:</i> Balsamic "Chicken" Wrap	¹⁴	¹⁵
¹⁸ Kimchi Radish Soup Stir-fried Squid with Rice Kimchi and Vegetables Fruit and Yogurt	¹⁹	²⁰ Ham and Cheese Wrap Garden Salad Yogurt and Apple Juice <i>Vegetarian Option:</i> Tofu and Cheese Wrap	²¹	²²
²⁵ Kale Soup Beef Bulgogi with Rice Kimchi and Vegetables Fruit and Yogurt	²⁶	²⁷ <i>Birthday Bash</i> Chicken Salad Sandwich Baby Carrots and Fruit Snack Bag/Chips or Cookie Colby Cheese Stick Chocolate Milk <i>Vegetarian Option:</i> Toasted Cheese Sandwich	²⁸	²⁹

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! August 2025

12:00 PM | East Columbia 50+ Center | Multipurpose Room




Monday	Tuesday	Wednesday	Thursday	Friday
				1 Black Bean Burrito Bowl Black Beans and Rice Sautéed Peppers and Onions Apple Corn Tortillas Milk
4	5 Korean Tofu Bowl Brown Rice Stir Fry Vegetables Banana Cornbread Milk	6	7 Italian Chicken Pasta Salad Garden Salad Apple Juice Yogurt	8 Jerk Chickpea Cake Red Beans and Rice Vegetable Medley Apple Cornbread Milk
11	12 Meatless Chili Macaroni and Cheese Green Beans Banana Cornbread Milk	13	14 Ham & Cheese Hoagie Baby Carrots and Fruit Snack Bag/Chips or Cookie Mozzarella Cheese Stick Juice and Milk	15 Tuna Pasta Salad Garden Salad Grape Juice Yogurt
18	19 Egg Salad Sandwich Garden Salad Fruit Punch Yogurt	20	21 Swiss Cheese Black Bean Burger Vegetable Medley Banana Milk	22 Turkey and Cheese Sandwich Baby Carrots and Salad Snack Bag/Chips or Cookie Colby Cheese Stick Juice and Chocolate Milk
25	26 Chicken Cranberry Couscous Salad Garden Salad Apple Juice Yogurt	27	28 Lemon Pepper Tuna Pita Bread Coleslaw Fruit Punch Yogurt	29 Ham and Swiss Sandwich Three Bean Salad Milk Banana

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Let's Do Lunch! August 2025

12:00 PM | Ellicott City 50+ Center

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 Creamy Chicken Casserole Yellow Rice Pilaf Green Beans Diced Peaches Milk & Juice	6 Classic Meatloaf w/Gravy Herb Roasted Potatoes Creamy Cucumber Salad Mandarin Oranges Milk & Juice	7 Roast Pork Loin Okra & Tomatoes Garlic Mashed Potatoes Fruit Cocktail Chocolate Milk & Juice	8
11	12 Salisbury Steak w/ Mushroom Gravy Roasted Potatoes Green Beans Amish White Bean Salad Milk & Juice	13 White Bean Chicken Chili Yellow Rice Pilaf Corn Muffin Chocolate Milk & Juice	14 Hot Dog Cole Slaw Baked Beans Diced Pears Milk	15
18	19 Tuna Fish Salad Sandwich Baby Carrot Snack Pack Salad of the Day Colby Cheese Stick Milk & Juice	20 Cold Fried Chicken Sandwich Baby Carrot Snack Pack Fruit Mozzarella Cheese Stick Chocolate Milk & Juice	21 Pulled Pork BBQ Sandwich Cold Broccoli Salad Sweet Potatoes Pineapple Tidbits Pie & Milk	22
25	26 Pizza (2 Slices) Fresh Salad Fruit Dessert Milk	27 Meatball & Cheese Sub Green Beans Mandarin Oranges Milk & Juice	28 Turkey Florentine Lemon Rice Pilaf Zucchini & Tomato Cinnamon Applesauce Fruited Yogurt Juice	29

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Let's Do Lunch! August 2025

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



Monday	Tuesday	Wednesday	Thursday	Friday
				¹ Chicken or Cheese Pizza Garden Salad Fruit Cups Yogurt (Pizza Party)
⁴ Thai Chicken Salad Quina Garden Salad Apple/Cranberry Juice Yogurt	⁵	⁶	⁷	⁸ Turkey & Cheese Sandwich Baby Carrots and Salad Snack Bag/Chips or Cookie Colby Cheese Stick Cranberry Juice & Milk
¹¹ Deviled Egg Pasta Salad Three Bean Salad Apple Juice Yogurt	¹²	¹³	¹⁴	¹⁵ Old Bay Chickpea Cake Roasted Potatoes Green Beans Apple Cornbread Milk
¹⁸ Chicken Caesar Pasta Salad Three Bean Salad Apple Cranberry Juice Yogurt	¹⁹	²⁰	²¹	²² Tuna Salad Sandwich Garden Salad Grape Juice Yogurt
²⁵ Egg Salad Sandwich Garden Salad Grape Juice Yogurt	²⁶	²⁷	²⁸	²⁹ Turkey Cranberry Salad Baby Carrots and Salad Snack Bag/Chips or Cookie Colby Cheese Stick Tomato Juice & Milk

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