



## Monthly Menus

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**Bain 50+ Center**

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**Ellicott City 50+ Center**

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**Elkridge 50+ Center**

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**North Laurel 50+ Center**

# Back-2-Bain: Let's Do Lunch Together

- November 2022-

Great Room III, 12:00pm – 1:00pm

	Tues Nov 1	Wed Nov 2	Thurs Nov 3	Fri Nov 4
		<b>Healthy Fresh Boxed Lunch</b> Chicken Chipotle Wrap Carrot Chips Orange & Yogurt	<b>Healthy Fresh Boxed Lunch</b> Roasted Ham Wrap Cucumber Salad Apple & Yogurt	Apple Stuffed Chicken White/Wild Rice Peas/Pearl Onions Butterscotch Pudding Juice & Milk
	Mon Nov 7	Tues Nov 8	Wed Nov 9	Thurs Nov 10
 <b>Apple Spice Boxed Lunch</b>		Roast Turkey with Gravy Mashed Potatoes Dilled Carrots Fruit Cup Chocolate Milk	Meatloaf with Mashed Potatoes Applesauce Sliced Carrots White/Wheat Bread Juice & Milk	<b>No Lunch</b>  <u>Center Closed</u>
Mon Nov 14	Tues Nov 15	Wed Nov 16	Thurs Nov 17	Fri Nov 18
<u>Korean Menu</u> Potato Soup Beef Patty Kimchi & Seasonal Veggies Fruit & Milk		<b>No Lunch</b>  Thanksgiving Celebration at Ten Oaks Ballroom	 <b>Happy Thanksgiving</b> <u>Mission BBQ</u> Sliced Brisket Pulled Chicken Beans & Cold Slaw	Cheese Manicotti Dilled Carrots White/Wheat Roll Cinnamon Apples Juice & Milk
Mon Nov 21	Tues Nov 22	Wed Nov 23	Thurs Nov 24	Fri Nov 25
<u>Korean Menu</u> Kimchi Radish Soup Spicy Pork Kimchi & Seasonal Veggies Fruit & Milk		<b>Healthy Fresh Boxed Lunch</b> Monte Cristo Wrap Cucumber Salad Apple & Yogurt	<b>No Lunch</b>  <u>Center Closed</u>	<b>No Lunch</b>  <u>Center Closed</u>
Mon Nov 28	Tues Nov 29	Wed Nov 30		
<u>Korean Menu</u> Kale Soup Mackerel with Radish Kimchi & Seasonal Veggies Fruit & Milk		Beef Steak w/ Red Wine Demi-Glaze Garlic Mashed Potatoes Grilled Corn/Peppers Juice & Milk		

**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 at Ellicott City**

## **November 2022**

**Lunch in Great Room 1- Tuesdays, Wednesdays, & Thursdays 12:00-1:00pm**

	<b>Tues Nov 1</b>	<b>Wed Nov 2</b>	<b>Thurs Nov 3</b>	<b>Fri Nov 4</b>
	Apple Stuffed Chicken Wild Rice Dilled Carrots Peas & Pearl Onions Butterscotch Pudding & Milk	Multi-bean Soup Deli Style Chicken Salad with Spinach & Tomatoes Fresh Pepper Slaw Mandarin Oranges Milk	Meatloaf with Mushroom Gravy Garlic Mashed Potatoes Peas & Pearl Onions Cinnamon Apples & Milk	
<b>Mon Nov 7</b>	<b>Tues Nov 8</b>	<b>Wed Nov 9</b>	<b>Thurs Nov 10</b>	<b>Fri Nov 11</b>
	<b><u>Election Day</u></b> <b><u>No Lunch</u></b>	Roasted Ham Wrap Cucumber Salad Apple & Yogurt	<b><u>Apple Spice Box Lunch</u></b> Chicken Caesar Wrap with Carrot Chips Fruit Cup	<b><u>Happy Veterans Day</u></b> <b><u>Center Closed</u></b> 
<b>Mon Nov 14</b>	<b>Tues Nov 15</b>	<b>Wed Nov 16</b>	<b>Thurs Nov 17</b>	<b>Fri Nov 18</b>
	Deli Turkey Sandwich Cucumber Salad Pear & Yogurt	<b><u>Thanksgiving Luncheon at Ten Oaks Ballroom</u></b>  <b>See you There!</b>	Pinapple Ham Au Gratin Potatoes Braised Cabbage Greek Style Salad with Feta cheese Milk	
<b>Mon Nov 21</b>	<b>Tues Nov 22</b>	<b>Wed Nov 23</b>	<b>Thurs Nov 24</b>	<b>Fri Nov 25</b>
	Turkey Breast Cutlet with Gravy Bread Stuffing Green Beans Cranberry Sauce Pumpkin Pie & Milk	<b><u>Apple Spice Box Lunch</u></b> Granny Apple Turkey Sandwich Carrot Chips	<b><u>Happy Thanksgiving!</u></b>  <b><u>Center Closed Nov 24 and 25</u></b>	
<b>Mon Nov 28</b>	<b>Tues Nov 29</b>	<b>Wed Nov 30</b>		
	<b><u>Pizza Day</u></b> 2 Slices of Cheese or Pepperoni Pizza Mixed Salad Fresh Fruit & Milk	Monte Cristo Wrap Carrot Chips & Dip Apple & Yogurt		

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***Let's Do Lunch!***  
**November 2022 Elkridge**

Mon	Tues Nov 1	Wed Nov 2	Thurs Nov 3	Fri Nov 4
	Pasta with Meat Sauce Mixed Vegetables Bread Cinnamon Apples Milk		Meatloaf with Mushroom Gravy Garlic Mashed Potatoes Peas & Pearl Onions Cinnamon Apples & Milk	
Mon Nov 7	Tues Nov 8	Wed Nov 9	Thurs Nov 10	Fri Nov 11
	Bratwurst on Club Roll Sauerkraut Peach Crisp & Milk		<b>Pizza Day</b> Grilled Chicken or Cheese Pizza Fresh Garden Salad Fruit & Milk	
Mon Nov 14	Tues Nov 15	Wed Nov 16	Thurs Nov 17	Fri Nov 18
	Salisbury Steak with Gravy Parslied Mashed Potatoes Harvard Beets Navy Bean Salad Milk	<b>Thanksgiving Banquet at Ten Oaks Ballroom</b>	<b>Apple Spice</b> Turkey Cranpeno Sandwich w/ Cucumbers & Swiss Cheese Carrot Chips Fresh Fruit & Milk (Tasty Tidbits)	
Mon Nov 21	Tues Nov 22	Wed Nov 23	Thurs Nov 24	Fri Nov 25
	Turkey Breast Cutlet with Gravy Bread Stuffing Green Beans Cranberry Sauce Pumpkin Pie & Milk		 <b>Center Closed</b>	<b>Center Closed</b>
Mon Nov 28	Tues Nov 29	Wed Nov 30	Thurs	Fri
	Meatball & Cheese on Sub Roll Green Beans Mandarin Oranges Milk			

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# *Let's Do Lunch!*

## November 2022 North Laurel

Mon	Tues Nov 1	Wed Nov 2	Thurs Nov 3	Fri Nov 4
		Grilled Chicken Caesar Salad Cream of Broccoli Soup Corn Muffin Hot Spiced Apples & Milk		<b><u>Apple Spice</u></b> Roast Beef & Provolone Sandwich Carrots Chips Fresh Fruit Cookie & Milk
Mon Nov 7	Tues Nov 8	Wed Nov 9	Thurs Nov 10	Fri Nov 11
		<b><u>Apple Spice</u></b> Turkey Cranpeno Sandwich w/ Cucumbers & Swiss Cheese Carrot Chips Fresh Fruit & Milk <span style="background-color: yellow;">(Tasty Tidbits)</span>		<b>Center Closed</b> 
Mon Nov 14	Tues Nov 15	Wed Nov 16	Thurs Nov 17	Fri Nov 18
		<b><i>Thanksgiving Banquet at Ten Oaks Ballroom</i></b>  <b><i>(No Lunch at N. Laurel)</i></b>		Chicken Skewers Basmati Rice Greek Salad Pita Bread and Dip Fruit Salad & Milk  <b><u>Catered by CAVA</u></b>
Mon Nov 21	Tues Nov 22	Wed Nov 23	Thurs Nov 24	Fri Nov 25
		BBQ Chicken Sandwich Cream of Broccoli Soup Red Cabbage Slaw Apricot Halves & Milk	 <b>Center Closed</b>	<b>Center Closed</b>
Mon Nov 28	Tues Nov 29	Wed Nov 30	Thurs	Fri
<b><u>Ask the Officer</u></b> Hot Oatmeal Bar Fresh Fruit Side Salad Milk Tea or Coffee		<b><u>Birthday Bash</u></b> Bratwurst in Beer On Whole Grain Roll Peppers & Onions Sauerkraut Peach Crisp & Milk		

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