



Monthly Menus

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Bain 50+ Center

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Ellicott City 50+ Center

[CLICK HERE](#)

Elkridge 50+ Center




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North Laurel 50+ Center

Let's Do Lunch!

December 2022 - Bain 50+ Center

12 pm in Great Room III





Mon	Tues	Wed	Thurs Dec 1	Fri Dec 2
			Breaded Fish Sandwich Fruit Cocktail Mixed Veggies Juice & Milk	Fried Chicken Dinner Roast Potatoes Beans & Cole Slaw Cornbread Juice & Milk
Mon Dec 5	Tues Dec 6	Wed Dec 7	Thurs Dec 8	Fri Dec 9
Korean Menu Seaweed Soup Spicy Chicken Kimchi Seasonal Veggies Fruit		Tuna Salad Potato Salad 3-Bean Salad Mandarin Oranges Juice & Milk	Deli Chicken Salad Baby Spinach Grape Tomatoes Bean Soup Fresh Pepper Slaw Fruit & Chocolate Milk	Apple Spice Boxed Lunch Granny Apple Turkey Sandwich Fruit & Yogurt
Mon Dec 12	Tues Dec 13	Wed Dec 14	Thurs Dec 15	Fri Dec 16
Korean Menu Potato Soup Bulgogi Kimchi Seasonal Veggies Fruit		Holiday Lunch Virginia Baked Ham Roast Turkey Dinner	Roast Beef with Gravy Red Skinned Potatoes Green Beans Fruit Ambrosia Milk	Pasta with Meat Sauce Caesar Salad Apricot Halves Orange Juice & Milk
Mon Dec 19	Tues Dec 20	Wed Dec 21	Thurs Dec 22	Fri Dec 23
Korean Menu Kimchi Radish Soup Spicy Pork Kimchi Seasonal Veggies Fruit		Roast Stuffed Chicken White & Wild Rice Roasted Veggies Pound Cake Juice & Milk	Bratwurst in Beer Peppers & Onions Sauerkraut Peach Crisp Fruit Juice & Milk	Healthy Fresh Boxed Lunch Tuna Salad Sandwich Carrot Chips Orange & Yogurt
Mon Dec 26	Tues Dec 27	Wed Dec 28	Thurs Dec 29	Fri Dec 30
Center Closed		Healthy Fresh Boxed Lunch Chicken Chipotle Wrap Carrot Chips Apple & Yogurt	Healthy Fresh Boxed Lunch Deli Turkey Sandwich Carrot Chips Orange & Yogurt	Healthy Fresh Boxed Lunch Monte Cristo Wrap Cucumber Salad Apple & Yogurt

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 2022 - Ellicott City

12 pm in Great Room 1




Mon	Tues	Wed	Thurs Dec 1	Fri Dec 2
			Deli Turkey Sandwich Carrot Chips & Dip Orange Yogurt	
Mon Dec 5	Tues Dec 6	Wed Dec 7	Thurs Dec 8	Fri Dec 9
	Roasted Ham Wrap Carrot Chips & Dip Orange Yogurt	No Lunch	Tuna Salad Sandwich Cucumber Salad Apple Yogurt	
Mon Dec 12	Tues Dec 13	Wed Dec 14	Thurs Dec 15	Fri Dec 16
	Holiday Party Panera Bread Bacon Turkey Bravo Sandwich Chips (Paid Event)	No Lunch	Chicken Chipotle Wrap Carrot Chips & Dip Apple Yogurt	
Mon Dec 19	Tues Dec 20	Wed Dec 21	Thurs Dec 22	Fri Dec 23
	Hanukkah Party Market Maven Roast Beef Sandwich Donut & Chips (Paid Event)	No Lunch	Birthday Bash Apple Stuffed Chicken White & Wild Rice Dilled Carrots Peas & Onions Cupcakes & Milk	
Mon Dec 26	Tues Dec 27	Wed Dec 28	Thurs Dec 29	Fri Dec 30
Center Closed	No Lunch	No Lunch	No Lunch	

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Let's Do Lunch!

December 2022 - Elkridge

12 pm in Patapsco

Mon	Tues	Wed	Thurs Dec 1	Fri Dec 2
			Baked Pork Chop with Marsala Sauce Scalloped Potatoes Peas & Pearl Onions Mandarin Oranges Cherry Crisp & Milk	
Mon Dec 5	Tues Dec 6	Wed Dec 7	Thurs Dec 8	Fri Dec 9
	Roasted Turkey with Gravy Mashed Potatoes Tropical Beets Corn & Pea Salad Milk		Cheese Manicotti With Marinara Sauce Dilled Carrots Dinner Roll Cinnamon Apples & Milk	
Mon Dec 12	Tues Dec 13	Wed Dec 14	Thurs Dec 15	Fri Dec 16
	Chicken Poppyseed Casserole Wild Rice Blend Seasoned Wax Beans Peaches & Milk		Holiday Luncheon Cranberry Chicken Wild Rice Pilaf Steamed Vegetables Garden Salad Pie & Milk	
Mon Dec 19	Tues Dec 20	Wed Dec 21	Thurs Dec 22	Fri Dec 23
	Roasted Pork Loin with Sweet Onion Gravy Sauerkraut Fruit Cocktail & Milk		Apple Spice Turkey Bacon on Spinach Wrap with Swiss Cheese Potato Chips Fresh Fruit Cookie & Milk	
Mon Dec 26	Tues Dec 27	Wed Dec 28	Thurs Dec 29	Fri Dec 30
Center Closed	Apple Stuffed Chicken Dilled Carrots Peas & Pearl Onions Butterscotch Pudding & Milk		Grilled Chicken Caesar Salad Cream of Broccoli Soup Corn Muffin Hot Spiced Apples & Milk	

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Let's Do Lunch!

December 2022 - North Laurel

12 pm in Chesapeake I

Mon	Tues	Wed	Thurs Dec 1	Fri Dec 2
				Healthy Fresh Meals Deli Turkey Sandwich Carrot Chips & Dip Orange & Yogurt
Mon Dec 5	Tues Dec 6	Wed Dec 7	Thurs Dec 8	Fri Dec 9
		Pasta with Meat Sauce Mixed Vegetables Bread Cinnamon Apples & Milk		Meatloaf with Mushroom Gravy Garlic Mashed Potatoes Peas & Pearl Onions Cinnamon Apples & Milk
Mon Dec 12	Tues Dec 13	Wed Dec 14	Thurs Dec 15	Fri Dec 16
		Apple Spice Turkey Bacon on Spinach Wrap with Swiss Cheese Potato Chips Fresh Fruit Cookie & Milk		Holiday Luncheon Cranberry Chicken Wild Rice Pilaf Steamed Vegetables Garden Salad Pie & Milk
Mon Dec 19	Tues Dec 20	Wed Dec 21	Thurs Dec 22	Fri Dec 23
Ask the Officer Egg & Cheese Breakfast Sandwich Fruit Tomato Salad Milk and Coffee		Salisbury Steak with Gravy Parslied Mashed Potatoes Harvard Beets Amish Navy Bean Salad & Milk		Pineapple Ham Au Gratin Potatoes Braised Cabbage Greek Style Salad with Feta Cheese Milk
Mon Dec 26	Tues Dec 27	Wed Dec 28	Thurs Dec 29	Fri Dec 30
Center Closed		Birthday Bash Pot Roast of Beef with Burgundy Gravy Seasoned Greens Mandarin Oranges Cupcakes & Milk		No Lunch

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