



Monthly Menus

[CLICK HERE](#)

Bain 50+ Center

[CLICK HERE](#)

Ellicott City 50+ Center

[CLICK HERE](#)

Elkridge 50+ Center

[CLICK HERE](#)

North Laurel 50+ Center

Let's Do Lunch!

January 2023 - Bain 50+ Center

12 pm in Great Room III




Mon Jan 2	Tues Jan 3	Wed Jan 4	Thurs Jan 5	Fri Jan 6
Center Closed	Breaded Fish Sandwich with Tartar Sauce Mixed Vegetables Fruit Cocktail Orange Juice & Milk	Happy New 2023 Special Luncheon La Madeleine Boxed Lunch		Apple Almond Chicken Dilled Carrots Peas & Onions Butterscotch Pudding Juice & Milk
Mon Jan 9	Tues Jan 10	Wed Jan 11	Thurs Jan 12	Fri Jan 13
Korean Menu Seaweed Soup Spicy Pork Kimchi Seasonal Veggies Fruit	Stuffed Cabbage with Beef, Rice & Tomato Cherry Crisp Juice & Milk	Meatloaf Mashed Potatoes Applesauce Sliced Carrots Juice & Milk		Egg Salad Sandwich Baby Carrots Fruit Snack Bag Mozzarella Cheese Stick Yogurt Cup
Mon Jan 16	Tues Jan 17	Wed Jan 18	Thurs Jan 19	Fri Jan 20
Center Closed	BBQ Chicken Sandwich Broccoli Soup Red Cabbage Slaw Apricot Halves Chocolate Milk	Crab Stuffed Flounder Red Skinned Potatoes Buttered Carrots Fudge Brownie Juice & Milk		Baked Chicken Leg with Gravy Yellow Rice Pilaf Peas & Carrots Diced Pineapple Milk
Mon Jan 23	Tues Jan 24	Wed Jan 25	Thurs Jan 26	Fri Jan 27
Lunar New Year Special Luncheon Mai Dragon Boxed Lunch	Baked Potato Ranch Dressing Chili Con Carne Cheddar Cheese Sour Cream Spinach Salad Fruit Punch & Milk	Swiss Cheese Burger Split Pea Soup Fresh Cole Slaw Tropical Fruit Milk & Juice Cupcake & Ice Cream		Chicken Fajitas Sour Cream & Salsa Tortilla Mexican Rice Diced Peaches Juice & Milk
Mon Jan 30	Tues Jan 31			
Korean Menu Potato Soup Chicken Teriyaki Kimchi Seasonal Veggies Fruit	Panera Boxed Lunch 1/2 Fuji Apple Salad with Chicken 1/2 Toasted Steak & White Cheddar 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!

January 2023 – Ellicott City

12 pm in Great Room 1




Mon Jan 2	Tues Jan 3	Wed Jan 4	Thurs Jan 5	Fri Jan 6
Center Closed	Deli Turkey Sandwich Asian Sesame Salad Fruit Cup Milk		Chicken Coq Au Vin Brown Rice Pilaf Mixed Vegetables Apple Snack Pack Milk	
Mon Jan 9	Tues Jan 10	Wed Jan 11	Thurs Jan 12	Fri Jan 13
	Napa Almond Chicken Salad Sandwich Seasonal Greens Apple Milk		Roast Beef Kaiser Roll Potato Salad Cole Slaw Fruit Cocktail Milk	
Mon Jan 16	Tues Jan 17	Wed Jan 18	Thurs Jan 19	Fri Jan 20
Center Closed	MLK Luncheon Fried Chicken Collard Greens Mac 'n' cheese Peach Cobbler		Stuffed Chicken Mashed Potatoes Green Bean Casserole Pie & Whipped Topping Milk	
Mon Jan 23	Tues Jan 24	Wed Jan 25	Thurs Jan 26	Fri Jan 27
	Lunar New Year Sautéed Tofu Chicken with Teriyaki Sauce Broccoli & Green Beans Rice Noodles Mandarin Orange		Bacon Turkey Bravo Sandwich BBQ Salad Fruit Cup Milk	
Mon Jan 30	Tues Jan 31			
	Birthday Bash Pizza Salad Fruit Cup Cupcakes Milk			

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Let's Do Lunch!

January 2023 - Elkridge

12 pm in Patapsco





Mon Jan 2	Tues Jan 3	Wed Jan 4	Thurs Jan 5	Fri Jan 6
Center Closed	Roasted Turkey Mashed Potatoes Dilled Carrots Bread Fruit Cup & Milk		Chicken Breast Coq Au Vin Brown Rice Pilaf Mixed Vegetables Bread Apple Snack & Milk	
Mon Jan 9	Tues Jan 10	Wed Jan 11	Thurs Jan 12	Fri Jan 13
	Chicken Parmesan Sandwich Marinara Sauce and Mozzarella Cheese Green Pea Salad Glazed Carrots & Milk		Roast Beef on Kaiser Bun Horseradish, Red Onion, Tomato & Lettuce Potato Salad Cole Slaw Fruit Cocktail & Milk	
Mon Jan 16	Tues Jan 17	Wed Jan 18	Thurs Jan 19	Fri Jan 20
Center Closed	Cream of Broccoli Soup BBQ Chicken on Whole Grain Bun Red Cabbage Slaw Apricot Halves & Milk		Lunar New Year Chicken and Broccoli Brown Rice Mandarin Orange Milk	
Mon Jan 23	Tues Jan 24	Wed Jan 25	Thurs Jan 26	Fri Jan 27
	Meatloaf Mashed Potatoes Applesauce Sliced Carrots Milk		Firehouse Subs Grilled Chicken Sandwich Salad Fruit & Yogurt	Panera Bread Deli Turkey Sandwich Fuji Apple Salad Fruit Cup & Milk
Mon Jan 30	Tues Jan 31	Wed	Thurs	Fri
	Pasta with Meat Sauce Parmesan Cheese Cinnamon Apples Pudding & Milk			

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Let's Do Lunch!

January 2023 - North Laurel

12 pm in Chesapeake I

Mon Jan 2	Tues Jan 3	Wed Jan 4	Thurs Jan 5	Fri Jan 6
Center Closed		Honey BBQ Beef Rib Patty on Sandwich Roll Fresh Cole Slaw Pears & Milk		Roast Pork Loin with Sweet Onion Gravy Sauerkraut Fruit Cocktail & Milk
Mon Jan 9	Tues Jan 10	Wed Jan 11	Thurs Jan 12	Fri Jan 13
		Pineapple Ham Au Gratin Potatoes Braised Cabbage Greek Style Salad with Feta Cheese		New Year's Luncheon Meat Lasagna Caesar Salad Fresh Fruit Cookies & Milk
Mon Jan 16	Tues Jan 17	Wed Jan 18	Thurs Jan 19	Fri Jan 20
Center Closed		Panera Bread Deli Turkey Sandwich Fuji Apple Salad Apple & Milk		Roasted Stuffed Chicken Rice Pilaf Root Vegetable Medley Pound Cake & Milk
Mon Jan 23	Tues Jan 24	Wed Jan 25	Thurs Jan 26	Fri Jan 27
Ask the Officer Steel Cut Oatmeal with Strawberries & Pecans Seasonal Greens Milk and Coffee		Birthday Bash Split Pea Soup Swiss Cheeseburger Lettuce & Tomato Fresh Cole Slaw Tropical Fruit Cupcakes & Milk		Chicken Fajitas Whole Wheat Tortillas Salsa & Sour Cream Mexican Rice Diced Peaches & Milk
Mon Jan 30	Tues Jan 31			

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