



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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Glenwood 50+ Center




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North Laurel 50+ Center

Let's Do Lunch!

September 2023 – Bain 50+ Center

12 pm in Great Room 3


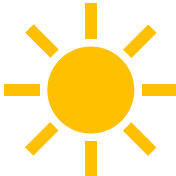

Mon	Tues	Wed	Thurs	Fri Sept 1
				Cheese Manicotti Dilled Carrots White/Wheat Dinner Roll Cinnamon Apples Juice & Milk
Mon Sept 4	Tues Sept 5	Wed Sept 6	Thurs Sept 7	Fri Sept 8
Center Closed	Fried Chicken Dinner Seasoned Roast Potatoes Creamy Cole Slaw Cornbread Loaf Juice & Milk	Pasta with Meat Sauce Greek Cucumber & Tomato Salad with Feta Cheese Whole Wheat Bread Milk		Grandparents' Day Lunch Meatloaf with Mushroom Gravy Mashed Potatoes Peas & Pearl Onions Cinnamon Apples & Fruited Yogurt Special Dessert
Mon Sept 11	Tues Sept 12	Wed Sept 13	Thurs Sept 14	Fri Sept 15
Korean Menu Kale Soup Bulgogi Kimchi & Seasonal Veggies Rice	Chicken Poppyseed Casserole White & Wild Rice Seasoned Green Beans Diced Peaches Milk	Baked Potato Bar <u>Apple Spice</u> Chili, Broccoli Cheese Sauce Mushrooms, Sour Cream, Green Onions		Honey BBQ Beef Rib Patty on WG Sandwich Roll Fresh Cole Slaw Chilled Pears & Fruited Yogurt
Mon Sept 18	Tues Sept 19	Wed Sept 20	Thurs Sept 21	Fri Sept 22
Korean Menu Kimchi Radish Soup Tilapia Kimchi & Seasonal Veggies & Rice	Boxed Lunch <u>Healthy Fresh</u> Turkey Sandwich Carrot Chips & Dip Yogurt Fruit	Tuna Salad Cold Plate Tuna/Potato/3-Bean Salad Mandarin Oranges Juice & Milk		Chicken Cordon Bleu with Gravy Mashed Potatoes Peas & Onions Dinner Roll Apple Pie & Milk
Mon Sept 25	Tues Sept 26	Wed Sept 27	Thurs Sept 28	Fri Sept 29
Korean Menu Potato Soup Spicy Pork with Stir Fried Kimchi Kimchi & Seasonal Veggies Rice	Meatloaf Mashed Potatoes Applesauce Sliced Carrots White/Wheat Bread Juice & Milk	Birthday Bash Pizza Boli Veggie Pizza BBQ Chicken Pizza Caesar Salad Fruit Cake & Ice Cream		Senior Center Month Luncheon <u>Panera</u> ½ Citrus Asian Crunch Salad ½ Bacon Turkey Bravo Sandwich Fruit & 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!

September 2023 – Ellicott City 50+ Center

12 pm in Great Room I

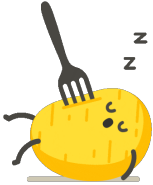


Mon Sept 4	Tues Sept 5	Wed Sept 6	Thurs Sept 7	Fri Sept 8
CENTER CLOSED	Chicken Salad Sandwich Potato Salad 3-Bean Salad Mandarin Oranges Milk & Juice	<u>Healthy Fresh Boxed Lunch</u> Roasted Turkey with Cheese Wrap Cucumber Salad Yogurt Fresh Fruit	Meatloaf Mashed Potatoes Sliced Carrots Applesauce Milk & Juice	
Mon Sept 11	Tues Sept 12	Wed Sept 13	Thurs Sept 14	Fri Sept 15
	Summer Send Off Hot Dog & Fixings Cole Slaw Baked Beans Diced Pears Dessert Milk	<u>Healthy Fresh Boxed Lunch</u> Chicken Chipotle Wrap Carrot Chips & Dip Yogurt Fresh Fruit	Beef Steak with Red Wine Demi-Glaze Mashed Potatoes Corn & Pepper Medley Confetti Cake Muffin Milk & Juice	
Mon Sept 18	Tues Sept 19	Wed Sept 20	Thurs Sept 21	Fri Sept 22
	Baked Pork Chop with Marsala Sauce Mashed Potatoes Peas & Onions Mandarin Oranges Cherry Crisp Milk	Salisbury Steak Roasted Potatoes Harvard Beets Amish Navy Bean Salad Milk & Juice	Tuna Salad Sandwich Potato Salad 3-Bean Salad Mandarin Oranges Milk & Juice	
Mon Sept 25	Tues Sept 26	Wed Sept 27	Thurs Sept 28	Fri Sept 29
	Pizza Day 2 Slices of Pizza Tossed Salad Fruit Dessert Milk	<u>Healthy Fresh Boxed Lunch</u> Turkey & Cheese Cucumber Salad Yogurt Fresh Fruit	Bratwurst in Beer Sauerkraut Peppers & Onions Crumb Cake Milk & Juice	

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Let's Do Lunch!

September 2023 – Elkridge

12 pm in Patapsco

Mon Sep 4	Tues Sep 5	Wed Sep 6	Thurs Sep 7	Fri Sep 8
Center Closed	Grilled Chicken Caesar Salad Cream of Potato Soup Spiced Apples Cornbread House Cookie Milk		On the Border ½ Chicken Wrap House Salad Chips & Salsa Fresh Fruit Greek Yogurt	
Mon Sep 11	Tues Sep 12	Wed Sep 13	Thurs Sep 14	Fri Sep 15
	Chicken Casserole Rice Blend Green Beans Diced Peaches Whole Grain Bread Fruit Juice & Milk		Baked Potato Spinach Salad Chili Applesauce Wheat Bread Fruit Punch & Milk	
Mon Sep 18	Tues Sep 19	Wed Sep 20	Thurs Sep 21	Fri Sep 22
	Roast Turkey Mashed Potatoes Dilled Carrots Fruit Cup Whole Grain Bread Chocolate Milk		Pulled Pork BBQ Sweet Potatoes Cole Slaw Whole Grain Roll Cherry Crisp Milk	
Mon Sep 25	Tues Sep 26	Wed Sep 27	Thurs Sep 28	Fri Sep 29
	Birthday Lunch Pizza House Salad Fresh Fruit Greek Yogurt Cupcakes		<u>Industrial Deli</u> <u>Boxed Lunch</u> Roast Beef Sandwich Cole Slaw Fruit Cup Chips Milk	

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Let's Do Lunch!

September 2023 - Glenwood

Begins at 12 pm





Mon	Tues	Wed	Thurs	Fri Sep 1
				Roasted Pork Loin Tomato Basil Salad Seasoned Kale Garlic Mashed Potatoes Apples Fruited Yogurt
Mon Sep 4	Tues Sep 5	Wed Sep 6	Thurs Sep 7	Fri Sep 8
Labor Day Center Closed		Tuna Salad Potato Salad 3-Bean Salad Mandarin Oranges Whole Grain Bun Fruit Juice & Milk		Meatloaf with Gravy Mashed Potatoes Peas & Pearl Onions Cinnamon Apples Whole Grain Bread Fruited Yogurt
Mon Sep 11	Tues Sep 12	Wed Sep 13	Thurs Sep 14	Fri Sep 15
<u>Industrial Deli</u> Vegetable Sub Cole Slaw Fruit Cup & Chips String Cheese		Grilled Chicken Caesar Salad Creamy Potato Soup Spiced Apples Cornbread House Cookie & Milk		Honey BBQ Patty Fresh Cole Slaw Whole Grain Roll Chilled Pears Fruited Yogurt Fruit Juice
Mon Sep 18	Tues Sep 19	Wed Sep 20	Thurs Sep 21	Fri Sep 22
<u>Industrial Deli</u> Tuna Sandwich House Salad Fruit Cup Chips & Milk		Fried Chicken Roasted Potatoes Ranchero Beans Cole Slaw Cornbread Fruit Juice & Milk		<u>Outback Steakhouse</u> Grilled Shrimp Seasonal Veggies Honey Wheat Roll Fresh Fruit String Cheese
Mon Sep 25	Tues Sep 26	Wed Sep 27	Thurs Sep 28	Fri Sep 29
<u>Industrial Deli</u> Turkey Sandwich Cole Slaw Fruit Cup Chips & Milk		50+ Center Info Expo Soup & Salad Bar		Birthday Lunch <u>Ragu</u> Pizza House Salad Fresh Fruit Milk Cupcakes

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Let's Do Lunch!

September 2023 - North Laurel

12 pm in Chesapeake I

Mon	Tues	Wed	Thurs	Fri Sept 1
				Labor Day Lunch Red Robin Cheeseburger Side Salad Yukon Chips Fresh Fruit Cookie & Milk
Mon Sept 4	Tues Sept 5	Wed Sept 6	Thurs Sept 7	Fri Sept 8
Center Closed		Pasta with Meat Sauce Greek Cucumber & Tomato Salad with Feta Cheese Whole Wheat Bread Milk	Multi Bean Soup Deli Style Chicken Salad on Spinach, Grape Tomatoes Fresh Pepper Slaw Mandarin Oranges & Milk	Grandparents' Day Lunch Meatloaf with Gravy Mashed Potatoes Peas & Pearl Onions Cinnamon Apples & Fruited Yogurt Special Dessert
Mon Sept 11	Tues Sept 12	Wed Sept 13	Thurs Sept 14	Fri Sept 15
		<u>Apple Spice</u> Turkey Avocado on Honey Wheat Carrot Chips & Dip Dill Pickle Fresh Fruit Cookie & Milk	Baked Potato Spinach Salad & Grape Tomatoes Chili con Carne Cheddar Cheese & Sour Cream Applesauce & Milk	Honey BBQ Beef Rib Patty on Whole Grain Sandwich Roll Fresh Cole Slaw Chilled Pears & Fruited Yogurt
Mon Sept 18	Tues Sept 19	Wed Sept 20	Thurs Sept 21	Fri Sept 22
		Salisbury Steak with Gravy Roasted Potatoes Harvard Beets Whole Wheat Bread Amish Bean Salad Milk	Cream of Broccoli Soup BBQ Chicken on Hamburger Roll Red Cabbage Slaw Apricot Halves & Milk	Chicken Cordon Bleu with Gravy Mashed Potatoes Peas & Onions Dinner Roll Apple Pie & Milk
Mon Sept 25	Tues Sept 26	Wed Sept 27	Thurs Sept 28	Fri Sept 29
Ask the Officer <u>Healthy Fresh Meals</u> Breakfast Sandwiches Fruit Vegetable Juice Milk and Coffee		Birthday Bash Pot Roast Beef with Burgundy Gravy Roasted Potatoes Seasoned Greens Whole Wheat Bread Mandarin Oranges Cupcakes & Milk	Chicken Parmesan Sandwich Green Pea & Red Pepper Salad Buttered Carrots Chocolate Milk	Hispanic Heritage <u>Moe's Southwest Grill</u> Chicken Burrito Bowl with Mexican Rice Chips & Salsa Fresh Fruit Cookie & Milk

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