

SENIOR CENTER MENU

Lunch Cancellation Policy

If you have a lunch reservation and cannot dine at the Center, please call the Senior Center PRIOR to the reservation day to cancel your meal. If the meal is not cancelled, the County must still pay for the meal.

1% Milk Included With All Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SOUP OF THE DAY Grape Juice Macaroni & Cheese (1 cup) Scalloped Tomatoes Coleslaw Fruited Jello	2 Cranberry Juice Liver & Onions Mashed Potatoes Fiesta Vegetable Blend Cornbread Deluxe Fruit Salad	3 Orange Juice Asian Chicken Fluffy Rice Carrot Raisin Salad Whole Wheat Bread Fruited Jello	4 Pineapple Juice Meat Chili w/ Beans Buttered Noodles Creamy Cucumber Salad Cornbread Fresh Apple Slices
7 Pineapple Juice Sweet and Sour Pork Fluffy Rice Cucumber Onion Vinaigrette Apricots	8 Cranberry Juice Quiche Green Beans Garden Salad w/ Dressing Whole Wheat Bread Banana	9 Fruit Blend Juice Sloppy Joe on Roll Chuckwagon Vegetables Bobbie's Bean Salad Pears	10 Grape Juice ¼ Baked Chicken Parsley Potatoes Green Beans Whole Wheat Bread Cranberry Salsa Salad	11 Apple Juice Chicken Parmesan Noodles Baby Sweet Peas Biscuit Seedless Grapes
14 Apple Juice Green Pepper Steak Fluffy Rice Three Bean Salad (1 cup) Dinner Roll Orange Slices	15 Grape Juice Ground Beef and Macaroni Rice Pudding Brussels Sprouts Fruited Jello	16 SOUP OF THE DAY Pineapple Juice Salmon Patty Brown Rice Zucchini Blend Biscuit Mandarin Oranges	17 Cranberry Juice Spaghetti w/ Meatballs Pineapple Bean Salad Whole Wheat Bread Applesauce	18 Fruit Blend Juice Pork Chop Sauerkraut Sweet Potatoes White Bread Peaches
21 Fruit Blend Juice Beef Stew w/ Vegetables (1½ cup) Spinach Salad Whole Wheat Bread Seedless Grapes	22 SOUP OF THE DAY Cranberry Juice Veggie Burger on Roll Lettuce & Tomato Mayo & Mustard Fiesta Bean Salad Fresh Apple Slices	23 Pineapple Juice Meatloaf w/ Gravy Buttered Noodles Fiesta Vegetable Blend Whole Wheat Bread Tangy Cherry Salad	24 BIRTHDAY CELEBRATION Grape Juice Liver & Onions Mashed Potatoes Orange Glazed Carrots Cornbread Deluxe Fruit Salad Birthday Cake	25 Orange Juice Fish Sandwich Hawaiian Baked Beans Chuckwagon Vegetables Peaches
28 MEMORIAL DAY SENIOR CENTER CLOSED	29 Pineapple Juice Chicken Marsala Parsley Potatoes Baby Sweet Peas Whole Wheat Bread Apricots	30 Apple Juice Cheeseburgers w/ Bun Lettuce & Tomato Mayo & Mustard Baked Beans Coleslaw Watermelon slices Chocolate Milk	31 Cranberry Juice Turkey Sausage Egg Omelet Stewed Tomatoes Hash Brown Potatoes Muffin Orange Sections	

MAY

Charles County Luncheon Program

Available at Noon • Days Vary By Center

Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$3, actual cost is \$5.50 per person. All donations are used to provide meals for Charles County seniors. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.50. Lunch reservations must be made by 10:00am the preceding day. We appreciate your assistance in keeping costs down. Party and special event meal prices may vary.

Clark Senior Center..... Tue-Fri
Indian Head Senior Center..... Mon-Fri

Nanjemoy Senior Center..... Mon-Thu
Waldorf Senior Center..... Mon-Thu

On days where potatoes, corn, beans, and/or peas are used for the meal's starch component, an additional starch such as bread, crackers, or muffins is available for those participating in the CACFP program.