

Montgomery County

September 2021 Congregate Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

The meal cost is \$5.93. For people aged 60 and over and spouses of any age, a voluntary contribution is requested. Guests under age 60 must pay the full cost of the meal. Please contribute as much as you can. Contributions are used to serve more meals. The recommended donation is \$2.00. Please choose one of the options for each day: hot, cold, or Vegetarian. Vegetarian entrees are served with the hot meal side dishes.

For information about the Senior Nutrition Program, call 240-777-3810.

Menus subject to change without notice.

1)
Meatballs w/Korean BBQ
Sauce, Confetti Rice,
Sliced Carrots, Whole
Wheat Bread, Fresh Fruit

OR

Roast Beef & Swiss on Whole
Wheat, Potato Salad,
Fresh Fruit

Vegetarian: Veggie Burger on
Whole Wheat Bun

2)
Chicken Au Gratin,
Buttered Rotini, Mixed
Vegetables, Italian Bread,
Pineapple Tidbits

OR

Egg Salad on Whole Wheat
Pita, Mixed Vegetable Salad,
Fruit Cocktail

Vegetarian: Baked Eggplant

3)
Sliced Turkey w/Gravy,
Delmonico Potatoes,
Brussels Sprouts, Whole
Wheat Roll, Peaches &
Pears

OR

Chicken Salad on Kaiser
Roll, Macaroni Salad, Fresh
Fruit

Vegetarian: Broccoli Mac &
Cheese

6) CLOSED



7)
Parmesan Chicken Patty,
Whole Grain Penne,
Tuscany Vegetables, Italian
Bread, Fresh Fruit

OR

Tuna Salad on Whole Wheat
Pita, Broccoli-Craisin Salad,
Mandarin Oranges

Vegetarian: Vegetarian Chili

8)
Meatloaf w/Gravy, Whipped
Potatoes, Glazed Carrots,
Whole Wheat Bread,
Tropical Fruit

OR

Roast Beef & Swiss on Whole
Wheat, Mediterranean Lentil
Salad, Fresh Fruit

Vegetarian: Sweet & Sour
Vegetables w/Rice

9)
Beef Taco Meat on Flour
Tortilla, Black Beans, Fiesta
Vegetables, Applesauce

OR

Grilled Chicken Breast
on Whole Wheat Bun,
Lemon-Dijon Carrot
Salad, Tropical Fruit

Vegetarian: Mac & Cheese

10)
Potato Crusted Fish,
Garden Medley Rice,
Broccoli, Whole Wheat
Bread, Fresh Fruit

OR

Zesty Baja Chicken Salad
on Kaiser Roll, Confetti
Corn Salad, Fresh Fruit

Vegetarian: Vegetarian Stew

13)
Turkey Tetrazzini,
Corn, Green Beans, Whole
Wheat Bread, Mandarin
Oranges & Pineapples

OR

Roast Beef & Cheddar on
Whole Wheat, Patriotic
Bean Salad, Fresh Fruit

Vegetarian: Alfredo Penne
w/Broccoli

14)
Salisbury Steak w/Gravy,
Whipped Potatoes, Curry
Okra & Tomatoes, Whole
Wheat Roll, Pineapple
Tidbits

OR

Tuna Salad on Croissant,
Broccoli Raisin Salad, Fruit
Cocktail

Vegetarian: Eggplant Parm

15)
Meatloaf w/Onion Gravy,
Scalloped Potatoes,
Spinach, Dinner Roll, Fresh
Fruit

OR

Roast Beef & Swiss on Whole
Wheat, Mandarin Beets
w/Citrus Dressing, Sliced
Apples

Vegetarian: Mac & Cheese

16)
Creamy Paprika Chicken
Breast, Rice Pilaf,
Ratatouille, Italian Bread,
Fresh Fruit

OR

Egg Salad on Kaiser Roll
Carrot Raisin Salad,
Tropical Fruit

Vegetarian: Veggie Burger
on Whole Wheat Bun

17)
Hamburger on Whole
Wheat Bun, Baked Beans,
Sliced Carrots, Applesauce

OR

Chicken Pasta Salad,
Whole Wheat Roll, Green
Pea Salad, Diced Peaches

Vegetarian: Vegetable Fried
Rice

<p>20) Swedish Meatballs w/Penne Pasta, Peas & Carrots, Whole Wheat Bread, Fresh Fruit</p> <p>OR</p> <p>Turkey & Swiss on Whole Wheat, Coleslaw, Sliced Apples</p> <p><i>Vegetarian:</i> Veggie Burger on Whole Wheat Bun</p>	<p>21) Chicken Breast w/Apricot Mustard Sauce, Roasted Sweet Potatoes, Green Beans, Dinner Roll, Fresh Fruit</p> <p>OR</p> <p>Zesty Baja Chicken Salad on Whole Wheat, Patriotic Bean Salad, Fresh Fruit</p> <p><i>Vegetarian:</i> Vegetarian Chili</p>	<p>22) Baked Cod w/Chili Curry Sauce, White Beans w/Arugula, Garden Vegetables, Whole Wheat Roll, Fresh Fruit</p> <p>OR</p> <p>Roast Beef & Swiss on Whole Wheat Bun, Carrot Raisin Salad, Fresh Fruit</p> <p><i>Vegetarian:</i> Sweet & Sour Vegetables w/Rice</p>	<p>23) Beef Ziti, Broccoli, Hot Spiced Apples, Italian Bread</p> <p>OR</p> <p>Honey Mustard Chicken Salad on Whole Wheat Roll, Pasta Salad, Fresh Fruit</p> <p><i>Vegetarian:</i> Mac & Cheese</p>	<p>24) Chicken Chili, Spanish Rice, Mexicali Vegetables, Whole Wheat Bread, Tropical Fruit</p> <p>OR</p> <p>Krab Salad on Kaiser Roll, Three Bean Salad, Mandarin Oranges</p> <p><i>Vegetarian:</i> Vegetarian Stew</p>
<p>27) Honey Mustard Chicken, Scalloped Potatoes, Harvard Beets, Whole Wheat Bread, Fresh Fruit</p> <p>OR</p> <p>Roast Beef & Muenster on Whole Wheat, Copper Pennies, Applesauce</p> <p><i>Vegetarian:</i> Alfredo Penne w/Broccoli</p>	<p>28) 10-Grain Pollock, Corn, Sliced Carrots, Dinner Roll, Strawberry Glazed Fruit</p> <p>OR</p> <p>Egg Salad on Whole Wheat, Appleslaw, Fresh Fruit</p> <p><i>Vegetarian:</i> Eggplant Parm</p>	<p>29) BBQ Beef Rib Patty on Whole Wheat Bun, Baked Beans, Collard Greens, Spiced Apples</p> <p>OR</p> <p>Turkey & Cheddar on Whole Wheat, Pasta Salad, Fresh Fruit</p> <p><i>Vegetarian:</i> Mac & Cheese</p>	<p>30) Chicken Souvlaki, Lemon Rice, Squash & Zucchini, Whole Wheat Pita, Diced Peaches</p> <p>OR</p> <p>Lemon Pepper Tuna Salad on Croissant, Black Eyed Pea Salad, Fresh Fruit</p> <p><i>Vegetarian:</i> Veggie Burger on Whole Wheat Bun</p>	

Choose a variety of foods to keep you feeling good. Eat what your body needs to be strong and healthy, but it is OK to eat what you want for pleasure on occasion too. Moderation is key.

PLEASE CHOOSE ONE OF THE MEAL OPTIONS. VEGETARIAN MEALS WILL BE SERVED WITH THE HOT MEAL SIDES. ALL MEALS ARE SERVED WITH SKIM MILK AND JUICE.

ALL MEAL CANCELLATIONS MUST BE SUBMITTED TO SNP NO LATER THAN 11:30 AM THE DAY **PRIOR** TO MEAL SERVICE.