

**Department of Health & Human Services  
Montgomery County Senior Nutrition Program  
March 2020**

The meal cost is \$7.00 For people age 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.** Meal reservations for each week are to be made at Damascus Senior Center (240-777-6995) no later than 2 p.m. Friday before the week the meals are served. Please call if you must cancel your reservation so we can offer the meal to others who might be interested. *For information about the Senior Nutrition Program, call 240-777-3810.*

**VEGETARIAN ALTERNATIVE AVAILABLE BY ADVANCED REQUEST!**

*Tea, Fat Free milk, Water, and a Juice served with all meals.*

*Menus subject to change without notice.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Chicken Corn Bread Green Beans Roasted Cauliflower Whole Grain Roll Banana Pudding	3 Butter Chicken Naan Jasmine Rice Creamed Spinach Mixed Berry Crumble	4 Stuffed Shells w/ Tomato Sauce Garlic Bread Garden Salad w/ Chickpeas Roasted Broccoli Vanilla Pudding	5 <u>Breakfast for Lunch</u> Pancakes Turkey Sausage Scrambled Eggs & Veggies Fresh Fruit Yogurt Cup	6 Veggie Burgers on Whole Wheat Bun w/ lettuce, tomato, onion Sweet Potato Fries Cole Slaw Fruited Gelatin
9 Meatloaf w/ Gravy Mashed Potatoes Green Beans Whole Grain Roll Chocolate Pudding w/ Berries	10 Chicken Parmigiana Whole Wheat Spaghetti in Marinara Broccoli Garlic Bread Vanilla Pudding	11 Teriyaki Chicken Brown Rice Stir Fry Vegetables Egg Rolls Fruited Gelatin	12 Turkey Enchilada Casserole Refried Beans Brown Rice Mixed Vegetables Fruited Gelatin	13 Tilapia Mashed Sweet Potato Roasted Vegetables Fruit Cup Whole Grain Roll

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16 Tuna Noodle Casserole Whole Wheat Roll Roasted Vegetables Chocolate Pudding and Mixed Berries	17 <u>ST PATRICK'S Day</u> <u>LUNCHEON</u> Corned Beef & Cabbage Boiled Potatoes & Carrots Beer Bread Fruited Lime Gelatin	18 Egg Salad on Whole Wheat Bun Broccoli Slaw Frozen yogurt	19 Whole Wheat Spaghetti with Meat Sauce Garden Salad w/ Beans WW Garlic Toast Fresh Fruit	20 Grilled Cheese on Whole Wheat Bread Tomato Soup Cauliflower Fresh Fruit
23 Chicken Sausage Pierogis w/ Sautéed Peppers & Onions Garden Salad Whole Grain Roll Fresh Fruit	24 Swedish Meatballs over Egg Noodles Roasted Vegetables Whole Grain Roll Fresh Fruit Vanilla Pudding	25 Turkey Lasagna Garlic Bread Garden Salad w/ Chickpeas Mixed Veggies Fresh Fruit	26 Orange Chicken Brown Rice w/ Peas and Carrots Broccoli Fruited Gelatin Spring Rolls	27 Cheese Ravioli with Marinara Sauce Garden Salad w/ Chickpeas Garlic Sticks Pudding with Fresh Berries
30 Chicken Noodle Soup ½ Turkey Sandwich w/ Onion Tomato Lettuce Garden Salad Fresh Fruit	31 <u>Taco Tuesday</u> Ground Turkey Soft Shell Tacos w/ topping bar Refried Beans Brown Rice Fajita Veggies Fruited Gelatin			