









Department of Community Services
October Menu
 Congregate Meals
All Meals Served with Milk
Elkton - 410-996-5295-Option 3

2019 Meal Prices:
 Actual cost of meals:
\$6.50
 60+ Suggested
 Donation: **\$3.25**
 Guests & Staff under
 60: **\$6.50**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Center Closed	4
	Beef Burgundy Buttered Noodles Green Bean Blend WW Bread Cantaloupe Apple Juice	Sweet & Sour Chicken Vegetables Steamed Rice WW Bread Mixed Fruit Apple Juice		Spaghetti Meat Sauce Broccoli Diced Pears Orange Juice
7	8	9	10 Center Closed	11
Meat Lasagna Stewed Zucchini WW Bread Peaches Apple Juice	Chicken Marsala Baked Potato Carrots WW Bread Orange	Pulled Pork Hamburger Bun Yam Vegetable Medley Applesauce		Roast Turkey Turkey Gravy Mashed Potatoes Spinach Mixed Fruit Cranberry Juice
14 Center Closed	15 Early Day	16	17 Center Closed	18
	Meatloaf with Gravy Mashed Potatoes Beets Apple WW Bread Cranberry Juice	Baked Chicken Parmesan Linguini Marinara Sauce Italian Zucchini WW Bread Apple Juice	<i>Kitchen Kettle Village</i>	Roast Beef Beef Gravy Buttered Noodles Carrots WW Bread Mixed Fruit Cup Orange Juice
21	22	23	24 Center Closed	25
Baked Chicken Roasted Potatoes Lima Beans WW Bread Apple Orange Juice	Beef Burgundy Buttered Noodles Green Bean Blend WW Bread Cantaloupe Apple Juice	Sweet & Sour Chicken Vegetables Steamed Rice WW Bread Mixed Fruit Apple Juice		Spaghetti Meat Sauce Broccoli Diced Pears Orange Juice
28	29	30	31 Sign Up Required	
Meat Lasagna Stewed Zucchini WW Bread Peaches Apple Juice	Chicken Marsala Baked Potato Carrots WW Bread Orange	Pulled Pork Hamburger Bun Yam Vegetable Medley Applesauce	Beef Chili with Beans Rice Broccoli & Cauliflower Diced Pears Cornbread	

