

Cecil County Senior Services & Community Transit **February 2010 Menu**

Congregate and Home Delivered Meals

All Meals Served with Milk

Elkton – 410-996-5295

200 Chesapeake Blvd., Elkton, MD

Perryville 443-309-0651

710 Broad Street, Perryville, MD

www.ccgov.org click on Senior Services link



2010 Meal Prices:

Actual cost of meals:



\$5.75

60+ Suggested

Donation: **\$2.75**

Guests & Staff under

60: **\$5.75**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All ADA diets will receive skim milk. All ADA diets should not receive bold items on the menu. Anyone on an ADA diet may choose the sugar-free/low fat dessert in place of 1 starch on the menu of the day. Sugar-free gelatin is a free food and may be added to any meal or snack for ADA diets.</p>			<p>Keep a journal of your activity goals (make sure they are realistic) and keep track of your progress. When you can see how far you've come, you will be proud of yourself.</p>	
1	2	3	4	5
Beef Stew Broccoli Mashed Potatoes Biscuit Diced Peaches Orange Juice	Pasta with Meat Sauce Green Beans Fruit Cocktail Gelatin Apple Juice	BBQ Chicken Baked Beans Orange Juice Spinach Applesauce Wheat Bread	Fried Chicken Mashed Potatoes Broccoli Wheat Bread Chocolate Cake	Lemon Pepper Fish Carrots Corn Dinner Roll Cranberry Juice Diced Pears
8	9	10	11 Perryville to Elkton	12
Salisbury Steak Carrot Coins Noodles Wheat Bread Apple Orange Juice	Roast Turkey Brussel Sprouts Mashed Potatoes Gravy Pineapple Chunks Wheat Bread Gelatin Cranberry Juice	Sloppy Joe Spinach Hamburger Bun Pears Apple Juice	Fried Chicken Mashed Potatoes Broccoli Wheat Bread Chocolate Cake	Grilled Chicken Broccoli Tossed Salad Chick Peas Corn Wheat Bread Fruit Cocktail
15 Centers Closed	16 Early Day	17	18	19
	Scrambled Eggs (1/2) cup Sausage 2 Pancakes Syrup Banana Tomato Juice	Meatballs Broccoli Pasta Marinara Sauce Apple Juice Milk Fruit Cocktail	Roast Pork Stuffing Mixed Vegetables Roasted Potatoes Banana Orange Juice	Roast Beef Carrots Baked Beans Wheat Bread Orange Milk Cranberry Juice
22	23	24	25 Centers Closed	26
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