

MAY 2025

CONGREGATE MENU



WEEK 1

- 5/1 Ham and Swiss on Kaiser Bun, Mixed Veggies, Salad
- 5/2 Baked Pollack with Old Bay Sauce, Corn, Brussels Sprouts, WW Bread

WEEK 2

- 5/5 Chicken Fajita w/ Enchilada Sauce, Spanish Rice, Fiesta Veggie Blend, Tortilla, Tres Leches Cake
- 5/6 Beef Hot Dog, Pacific Veggie Blend, Coleslaw, Spiced Fruit
- 5/7 Chicken Cacciatore, Green Peas, Cauliflower, Italian Bread
- 5/8 Roast Beef with Onion Gravy, Garlic Mashed Potatoes, California Veggies
- 5/9 Chicken Cordon Bleu w/ Dijon Herb Sauce, Sweet Potatoes, Pacific Veggie Blend, Mixed Salad, Brownie



WEEK 3

- 5/12 Swedish Meatballs with Buttered Penne Pasta, Peas and Carrots
- 5/13 Cranberry Dijon Chicken, Brown Rice, Herbed Green Beans, Apple Pie
- 5/14 Cheese Omelet with Peppers, Onions, and Mushrooms, Rosemary Potatoes, Brussels Sprouts
- 5/15 Ham with Pineapple Glaze, Mac and Cheese, California Veggies, Texas Bread, Chocolate Chip Cookies **at Congregate Housing Sites Only**
- 5/16 Potato Encrusted Pollack, Red Beans, Broccoli and Cauliflower, Italian Bread

WEEK 4

- 5/19 Old Bay Shrimp Salad on Wheat, MD Crab Soup, Coleslaw, Chips, Orioles Sprinkled Cupcake
- 5/20 Roast Beef with Au Jus, Mashed Potatoes, Glazed Carrots
- 5/21 Chicken Alfredo, Broccoli, Italian Cucumber Salad, Spiced Fruit, Garlic Breadstick
- 5/22 Pulled BBQ Pork on Bun, Baked Beans, Collard Greens, Apple Crisp
- 5/23 Cheese Stuffed Shells with Marinara Sauce, Herbed Green Beans, Cauliflower, Garlic Breadstick

WEEK 5

- 5/26 **Offices Closed (Memorial Day)**
- 5/27 BBQ Chicken Drumsticks, Sweet Potatoes, Broccoli
- 5/28 Lemon Caper Baked Tilapia, Lima Beans and Carrots, Tomato Cucumber Salad
- 5/29 Mojo Pulled Pork, Black Beans and Rice, Mixed Veggies, Lemon Raspberry Cupcake
- 5/30 Crispy Baked Chicken on a Kaiser Bun, Spinach, Delmonico Potatoes

Vegetarian meals now available!!

May Updates

All county offices will be closed on 5/26.

Senior Activity Centers will be closed on 5/15. Join us at the Pip Moyer Recreation Center from 11am - 2pm for a celebration of Older Americans Month.

Celebrate Holidays and National Food Days:

Cinco De Mayo - May 5th
Apple Pie Day - May 13th
Chocolate Chip Day - May 15th

**All meals served with milk and fruit.
Senior Nutrition Program (410) 222-0256.**