Bay Count Department on Aging

HDM/Congregate Menu

MONDAY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(3) DEVILED PORK CHOPS (21) Buttered Rotini Noodles (42) Cali Blend Veggies (4) White Chocolate Raspberry Cookie (28)	(4) PATTY MELT (6) Whole Wheat Bun (25) Baked Potato (18) Colorful Peas and Carrots (9) Apple (21)	(5) GOURMET CHICKEN TETRAZINNI (27) Kyoto Blend Vegetables (9) Apricots (15) Split Top Dinner Roll (14)	(7) SAVORY BEEF STEW (20) Garlic and Cheese Biscuits (10) Brussel Sprouts w/ Parmesan (7) Clementine (9)	(8) POLLACK BITES (22) Down Home Fries (15) Blueberry Crisp (53) Creamy Coleslaw (15)
(10) SMOTHERED CHICKEN (7) Diced Redskin Potatoes (13) Stir Fry Blend Veggies (5) Mandarin Oranges (16)	(11) SCRAMBLED EGGS (3) Sausage Links (1) Seasoned Cube Potatoes (20) Cheese Danish (17) Orange Juice Box (13)	(12) COUNTRY FRIED STEAK AND GRAVY (21) Corn (21) Garlic/Cheese Biscuits (10) Apple (21) Caramel Dip (18)	(13) GOLD COAST PORK CHOPS (8) Ranch Mashed Potatoes (17) Garden Green Peas (11) Choc Chip Cookie (27)	(14) COD FISH FILET (16) Whole Wheat Bun (25) Ranch Spudsters (18) Mixed Veggies (11) Tapioca Pudding (25)
(17) VEGETABLE LASAGNA (27) Scandinavian Blend Veggies (7) Lemon Pudding (33) Honey Wheat Dinner Roll (12)	(18) CRISP CHICKEN FINGERS (17) Down Home Fries (15) California Blend Vegetables (4) Chocolate Pudding (27)	JUNETEENTH ALL ACTIVITY CENTERS AND OFFICES CLOSED	(20) HAM (2) Dinner Roll (1) Glazed Carrots (10) Scalloped Potatoes (21) Sugar Cookie (26)	(21) GARLICKY CHICKEN (16) Parsley Potatoes (12) Green Beans (5) Lemon Pear Jello(0)
(24) BREADED POLLACK (16) Ranch Mashed Potatoes (17) Kyoto Blend Vegs (9) Chocolate Mousse (17)	(25) HEARTY GOULASH (28) Southern Succotash (20) Applesauce (23) Multi Grain Roll (27)	(26) CHICKEN & DUMPLINGS (23) Mixed Vegetables (11) Peanut Butter Cookie (20)	(27) CABBAGE ROLLS (17) Parsley Potatoes (12) Venetian Blend Veggies (6) Vanilla Pudding (27)	(28) BAKED PORK CHOP/MUSHROOM GRAVY (6) Cali Blend Veggies (4) Steamed Brown Rice (16) Tropical Fruit Salad (21)

All Meals at the Activity Centers served with Fat-Free Milk (13)

Number next to the menu item indicates carbohydrate count.

Menu is subject to change without notice.

Be advised menu items may contain nuts.