



**Cecil County**  
**Senior Services & Community Transit**  
**November 2009 Menu**  
 Congregate and Home Delivered Meals  
*All Meals Served with Milk*  
**Elkton - 410-996-5295**  
**Perryville 443-309-0651**



**2009 Meal Prices:**

Actual cost of meals: **\$5.75**  
 60+ Suggested Donation:  
**\$2.75**  
 Guests & Staff under 60:  
**\$5.75**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Macaroni & Cheese Stewed Tomatoes Spinach Wheat Bread Orange Juice Milk <b>Apple Sauce</b>	Rosemary Chicken Collard Greens Sweet Potato Tossed Salad/Chick Peas FF Ranch Dressing Whole Wheat Bread Pineapple Chunks <b>Milk</b> Chocolate Pudding Diet Pudding (ADA)	Meatballs (4 oz) Fresh Broccoli Pasta (1/2 C) 4 oz Marinara Sauce Italian Bread <b>Apple Juice</b> Milk Fruit cocktail 8 oz	Roast Pork Stuffing/Gravy Mixed Vegetables <b>Whole Wheat Bread</b> <b>Orange Juice</b> Milk Banana	Roast beef Carrots Mashed Potatoes Beef Gravy 2 oz White Bread Milk <b>Cranberry Juice</b> Fresh Orange
<b>9</b>	<b>10</b>	<b>11 Veterans Day</b>	<b>12 Centers Closed</b>	<b>13</b>
Beef stew (1C) Broccoli Mashed Potatoes Biscuit (2.85oz) <b>orange juice</b> Milk Diced peaches	Pasta (1C) Meat Sauce (1/2C) Green Beans Whole Wheat Bread Fruit Cocktail Milk <b>Apple Juice</b> <b>Ice cream</b> Diet Gelatin (ADA)	<b>Closed</b>	 <i>Out to lunch</i>	Lemon Pepper Fish Carrots Corn Dinner roll Cranberry juice <b>Diced pears</b> Milk
<b>16</b>	<b>17 Early Day</b>	<b>18</b>	<b>19 Centers Closed</b>	<b>20</b>
Salisbury Steak Carrot Coins Noodles Wheat Bread <b>Fresh Apple</b> Orange Juice Milk	Scrambled Eggs (1/2) cup Sausage 2 Pancakes Syrup Banana Tomato Juice	Sloppy Joe (1/2 C) Spinach <b>Apple juice</b> Hamburger bun Diced pears	 <i>Out to lunch</i>	Grilled chicken Broccoli Tossed salad /Chick Peas FF French dressing Corn Wheat bread Fruit cocktail
<b>23</b>	<b>24 Centers Closed</b>	<b>25 Sign Up Required</b>	<b>26 Thanksgiving Day</b>	<b>27</b>
Macaroni & Cheese Stewed Tomatoes Spinach Wheat Bread Orange Juice Milk <b>Apple Sauce</b>	 <i>Out to lunch</i>	 <i>Out to lunch</i>	<b>Closed</b>	<b>Closed</b>
<b>30</b>	<b>Fruits and Veggies</b>			
Beef stew (1C) Broccoli Biscuit (2.85oz) <b>Orange juice</b> 8 oz milk, 2% Diced peaches	<p>"Many fruits and vegetables have high water and fiber contents, making them the ultimate low-calorie filler," says Zuckerbrot. Grapefruit, apples, pears, berries, broccoli, cauliflower, and asparagus are especially filling. Additionally, says Marisa Moore, RD, National Spokesperson for the American Dietetic Association, you should opt for whole fruit over fruit juice whenever possible. "Whole fruit provides all the benefits of juice with an added bonus — fiber, which can keep you feeling full longer," she explains.</p>			