

March 2023

BAY COUNTY DEPARTMENT ON AGING

HDM/CONGREGATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>(FEB 27) ITALIAN SPAGHETTI SAUCE(8) AL DENTE PASTA(20) Green Beans(5) Garlic & Cheese Biscuits(10) Fig Newton(20)</p>	<p>(FEB 28) SAUERKRAUT & POLISH SAUSAGE(23) Broccoli w/Cheese(6) Whole Wheat Bread(10) Strawberry Applesauce(13)</p>	<p>(1) CLASSIC HAMBURGER(0) ON A WHOLE WHEAT BUN(25) Tator Tots(15) Corn(21) Gelatin Cup(5)</p>	<p>(2) SWEET & SASSY MEATBALLS(21) Diced Redskin Potatoes w/onion(13) Glazed Carrots(10) Whole Wheat Bread (10) Apricots(15)</p>	<p>(3) CONNIE'S VEGETABLE CHEESE SOUP(19) Mixed Vegetables(11) Garlic & Cheese Biscuit(10) Orange(0)</p>
<p>(6) ALMONDINE POLLOCK(7) Cheesy Mashed Potatoes(16) Mixed Vegetables(11) Mandarin Oranges(20)</p>	<p>(7) CHICKEN BREAST W/TARRAGON GRAVY(4) Steamed Brown Rice(17) Colorful Peas & Carrots(9) Snickerdoodle(28)</p>	<p>(8) ITALIAN STEAK SANDWICH(4) ON WHOLE WHEAT BUN(25) Home Fries(15) Green & Yellow Beans(6) Cranberry Juice Cup(17)</p>	<p>(9) MARINATED CHICKEN BREAST(1) Baked Potato(18) Broccoli w/Cheese(6) Banana Pudding(25)</p>	<p>(10) CHICKEN & PASTA ALFREDO(21) Diced Carrots(7) Fresh Pear(23) Split Top Dinner Roll(14)</p>
<p>(13) GOURMET CHICKEN TETRAZINNI(27) Kyoto Blend Vegetables(9) Split Top Dinner Roll(14) Apricots(15)</p>	<p>(14) HAM(1) Scalloped Potatoes(19) Green Bean Almondine(6) Chocolate Chip Cookie(28) Dinner Roll(14)</p>	<p>(15) PATTY MELT(6) ON A WHOLE WHEAT BUN(25) Baked Potato(18) Colorful Peas & Carrots(9) Apple(21)</p>	<p>(16) SAVORY BEEF STEW(9) Garlic & Cheese Biscuit(10) Brussel Sprouts w/Parmesan(7) Sugar Cookie(7)</p>	<p>(17) RUBEN ON A PRETZEL BUN(24) Pickle Spear(0) Chocolate Mint Pie(44)</p>
<p>(20) CRISP CHICKEN FINGERS(17) Down Home Fries(15) California Blend Vegetables(4) Chocolate Pudding(27)</p>	<p>(21) COD FISH FILET(16) ON A WHOLE WHEAT BUN(25) Redskin Potatoes(23) Mixed Vegetables(11) Tapioca Pudding(25)</p>	<p>(22) COUNTRY FRIED STEAK & GRAVY(21) Corn(21) Garlic & Cheese Biscuit(10) Apple(21) Carmel Dip(18)</p>	<p>(23) GOLD COAST PORK CHOP(8) Ranch Potatoes(17) Garden Green Peas(11) Chocolate Chip Cookie(27)</p>	<p>(24) SCRAMBLED EGGS(3) Sausage Links(1) Seasoned Cube Potatoes(20) Cheese Danish(17) Orange Juice Box(13)</p>
<p>(27) VEGETABLE LASAGNA(27) Scandinavian Blend Vegetables(7) Lemon Pudding(33)</p>	<p>(28) SMOTHERED CHICKEN(7) Diced Redskin Potatoes(13) Kyoto Blend Vegetables(9) Peaches(14)</p>	<p>(29) HAWAIIAN MEATBALLS(33) Fried Rice(19) Sliced Carrots(7) Pineapple Upside Down Cake(44)</p>	<p>(30) HEARTY GOULASH(28) Southern Succotash(20) Chocolate Mousse(17) Multi-Grain Roll(27)</p>	<p>(31) BAKED PORK CHOP W/MUSHROOM GRAVY(7) Steamed Brown Rice(16) Cali Blend Vegetables(4) Tropical Fruit Salad(21)</p>

All Meals at the Activity Centers served with Fat-Free Milk (13)
Menu is subject to change without notice.

Number next to the menu item indicates carbohydrate count.
Be advised menu items may contain nuts.