



Monthly Menus

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Bain 50+ Center

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East Columbia 50+ Center

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Ellicott City 50+ Center

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North Laurel 50+ Center

Let's Do Lunch! September 2025

12:00 PM | **Bain 50+ Center** | Great Room III

Monday	Tuesday	Wednesday	Thursday	Friday
1 Centers Closed <i>No Lunch Served</i>	2	3 Lemon Tofu & Bean Stew Mashed Potatoes Mixed Vegetables Apple Dinner Roll Milk	4	5
8 Seaweed Soup Yellow Curry with Rice Kimchi Seasonal Vegetables Fruit and Yogurt	9	10 Chicken Salad Sandwich Baby Carrots and Fruit Snack Bag/Chips or Cookie Colby Cheese Stick Grape Juice Chocolate Milk	11	12
15 Bean Sprout Soup Chicken Bulgogi with Rice Kimchi Seasonal Vegetables Fruit and Yogurt	16	17 Buffalo Chicken Wrap Garden Salad Apple Juice Yogurt	18	19
22 Kimchi Radish Soup Fried Tilapia with Rice Kimchi Seasonal Vegetables Fruit and Yogurt	23	24 Birthday Bash Turkey and Cheese Wrap Carrot Chickpea Salad Fruit Punch Yogurt Dessert	25	26
29 Kale Soup Beef Bulgogi with Rice Kimchi Seasonal Vegetables Fruit and Yogurt	30			

Reminder: To reserve a meal, please sign-up in advance. Participants under 60 must pay for the cost of the meal by purchasing a meal ticket or 5-meal punch card at the front desk. Participants over age 60 and their spouses will have the opportunity to provide a confidential donation towards the cost of the meal.

Let's Do Lunch! September 2025

12:00 PM | **East Columbia 50+ Center** | Multipurpose Room 3



Monday	Tuesday	Wednesday	Thursday	Friday
1 Centers Closed <i>No Lunch Served</i>	2 Southwest Chicken Pasta Salad Garden Salad Fruit Punch Yogurt	3	4 Farmhouse Egg Salad Macaroni Pasta Garden Salad Grape Juice Yogurt	5 Cajun Chickpea Alfredo Penne Pasta Mixed Vegetables Orange Dinner Roll Milk
8	9 Cold Grilled Chicken Patty Sandwich Baby Carrots and Fruit Chips or Cookies Mozzarella Cheese Stick Yogurt Cup	10	11 Ham & Swiss Sandwich Garden Salad Fruit Punch Yogurt	12 Asian Shrimp Noodle Salad Garden Salad Apple Juice Yogurt
15	16 Ham and Cheese Sandwich Coleslaw Fruit Punch Yogurt	17	18 Veggie Cheeseburger Steamed Corn Carrots Banana Milk	19 Tuscan Tuna White Bean Salad Garden Salad Apple Cranberry Juice Yogurt
22	23 "Chicken" Parmesan Spaghetti Pasta Sauteed Spinach Banana Dinner Roll Milk	24	25 Hot Dog with Bun Coleslaw Baked Beans Diced Pears Milk	26 Turkey Sandwich Carrot, Apple, Beet Salad Grape Juice Yogurt
29	30 Asian Chicken Noodle Pasta Salad Garden Salad Fruit Punch Yogurt			

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Let's Do Lunch! September 2025

12:00 PM | [Ellicott City 50+ Center](#) | 410-313-1400

Monday	Tuesday	Wednesday	Thursday	Friday
1 Centers Closed <i>No Lunch Served</i>	2 Southwest Chicken Pasta Salad Garden Salad Yogurt & Fruit Punch	3 Chicken Wrap Coleslaw Yogurt & Apple Juice	4 Farmhouse Egg Salad Macaroni Pasta Garden Salad Yogurt & Juice	5
8	9 Beef Pot Roast Au Jus Honey Roasted Beets Fresh Cole Slaw Milk & Juice	10 Chicken Casserole Yellow Rice Pilaf Green Beans Diced Peaches Milk & Juice	11 Team Retreat <i>No Lunch Served</i>	12
15	16 Chicken Breast Fricassee Brown Rice Pilaf Mixed Vegetables Sliced Apple Snack Pack Milk & Juice	17 Buffalo Chicken Wrap Garden Salad Yogurt & juice	18 White Bean Chicken Chili Yellow Rice Pilaf Corn Muffin Chocolate Milk & Juice	19
22	23 Cold Grilled Chicken Breast Baby Carrots and Fruit Mozzarella Cheese Stick Yogurt & Juice	24 Turkey & Cheese Wrap Carrot Chickpea Salad Yogurt Juice	25 Pot Roast of Beef Chasseur Roasted Potatoes Green Beans Mandarin Oranges Milk & Juice	26
29	30 Tuna Noodle Casserole Chickpea & Tomato Salad Hot Cinnamon Apples Milk & Juice			

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Let's Do Lunch! September 2025

12:00 PM | **North Laurel 50+ Center** | Chesapeake I

Monday	Tuesday	Wednesday	Thursday	Friday
1 Centers Closed <i>No Lunch Served</i>	2	3	4	5 Old Bay Seafood Saad Mini Shell Pasta Garden Salad Apple Cranberry Yogurt
8 Creamy Chicken Corn Pasta Salad Garden Salad Apple Juice Yogurt	9	10	11	12 Asian Shrimp Noodle Salad Garden Salad Apple Juice Yogurt
15 BBQ Chicken Salad Sandwich Coleslaw Apple Juice Yogurt	16	17	18	19 Chicken Rice Bowl with Beans, Pico de Gallo, and Cheese, Tortilla Chips and Salsa Pineapple and Mango Churros
22 Curried Chicken Salad Baby Carrot and Salad Chips or Cookie Colby Cheese Stick Juice and Milk	23	24	25	26 Cranberry Pecan Chicken Salad Sandwich Garden Salad Apple Juice Yogurt
29 Bologna, Salami & Cheese Sandwich Baby Carrot and Salad Chips or Cookie Colby Cheese Stick Juice and Milk	30			

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