



<p>Each meal costs \$6. A voluntary contribution of any amount toward that cost is appreciated.</p> <p>No senior age 60+ is denied a meal due to inability to contribute. Individuals under 60 must contribute full cost.</p>		<p>Meals are served weekly at each Senior Center on the following schedule:</p> <table> <tr> <td>Monday – Emmitsburg</td><td>Tuesday – Brunswick</td></tr> <tr> <td>Wednesday – Frederick</td><td>Thursday -- Urbana</td></tr> </table>			Monday – Emmitsburg	Tuesday – Brunswick	Wednesday – Frederick	Thursday -- Urbana
Monday – Emmitsburg	Tuesday – Brunswick							
Wednesday – Frederick	Thursday -- Urbana							
<p>Monday</p>		<p>Tuesday</p>		<p>Wednesday</p>		<p>Thursday</p>		
<p>Reservations must be made at least two business days in advance to guarantee a meal.</p> <p>Same day reservations will be accepted if meals are available.</p>				<p>CLOSED FOR NEW YEAR'S DAY</p>		<p>1</p>		
5	Italian Sausage & Cheese Sub Pepper & Onion Strips Red Cabbage Slaw Fruited Yogurt Crisp garnish Cookie	6	Chicken Breast Fricassee Brown Rice Pilaf Mixed Vegetables Sliced Apple Snack Pack	7	Salisbury Steak with Mushroom Gravy Roasted Potatoes Seasoned Greens Amish White Bean Salad	8	Reuben Sammy Casserole Zucchini & Tomatoes Fruit Cocktail Chocolate Milk	
12	Sliced Ham with Raisin Sauce Au Gratin Potatoes Honey Maple Carrots Pineapple Tidbits Chocolate Milk	13	“Marry-Me” Chicken Breast Lemon Rice Pilaf Seasoned Green Beans Cinnamon Apple Slices Pudding	14	Lentil & Spinach Soup Tuna Salad Sandwich Corn & Edamame Applesauce	15	Broccoli/Cheese Stuffed Chicken Mashed Potatoes with Gravy Green Bean Casserole Apple Pie	
19	CLOSED FOR MARTIN LUTHER KING JR. DAY	20	Tuna Noodle Casserole Chickpea & Tomato Salad Hot Cinnamon Apples	21	Chicken Breast with Ranch Cream Sauce Yellow Rice Pilaf Peas & Carrots Pineapple Tidbits	22	Meatball & Cheese Sub Meatballs On an Italian Roll Seasoned Green Beans Mandarin Oranges	
26	Roasted Pork Loin with Creamy Mushroom Sauce German Cucumber Salad Garlic Mashed Potatoes Dinner Roll Sliced Apple Snack Pack Chocolate Milk Cookie	27	Split Pea Soup Cracker Pack Chicken Caesar Salad Cornbread Loaf Hot Spiced Apples	28	Classic Meatloaf with Gravy Seasoned Green Beans Brown Rice Diced Peaches	29	Greek Chicken Grain Bowl: (Pearled Barley Diced Chicken Greek Salad Feta Cheese) Apricot Halves	

January 2026

Lunch Bunch Menu



Frederick County Division of Aging & Independence – Menu subject to change. Milk and Bread are served with all meals unless noted.

Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish, sesame.