

THURMONT SENIOR CENTER SEPTEMBER 2022 MENU CALENDAR

SEPTEMBER 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Lasagna Salad Bread Dessert	2 Ham and Cheese Sandwiches Chips Fruit Cup Dessert	3
4	5 Hot Turkey Sandwich Mashed Potatoes Dessert	6 Meatball & Cheese Sub Chips Applesauce Dessert	7 Fried Chicken Macaroni Salad Potato Salad Bread Dessert	8 Manicotti Salad Bread Dessert	9 Fried Fish Mac and Cheese Lima Beans Dessert	10
11	12 2 pc. Broasted Chicken Browned Potatoes Corn Dessert	13 Fried Shrimp Extra Crispy Fries Fruit Cup Dessert	14 Spaghetti Tossed Salad Applesauce Garlic Bread Dessert	15 Chicken Alfredo Salad Bread Dessert	16 Hamburger Steak French Fries Applesauce Dessert	17
18	19 Salmon Cake Sandwich Macaroni Salad Dessert	20 Crabcake Sandwich Extra Crispy Fries Fruit Cup Dessert	21 Fried Chicken Baked Macaroni & Cheese Broccoli Dessert	22 Stuffed Shells Salad Bread Dessert	23 Tuna Fish Sandwich Cole slaw Chips Dessert	24
25	26 Baked Ham Scallop Potatoes Green Beans Dessert	27 Cheeseburger Salad w/ House Dressing Dessert	28 Roast Turkey Mashed Potatoes/Gravy Cranberry Gel Bread Dessert	29 Rigatoni Bolognese Salad Bread Dessert	30 Meat Loaf Mashed Potatoes Stewed Tomatoes Dessert	31

THURMONT SENIOR CENTER, 806 E. MAIN STREET, THURMONT, MD 21788, 301-271-7911, thurmontseniorcenter@zoho.com, also on [Facebook](#), Open M-F 9:00am. to 3:00p.m. Lunch served at 12 Noon M-F for \$6.00. PLEASE SEE OUR MENU ON THE REVERSE SIDE *Parking instructions: Overflow parking is located behind the Police Station (follow the paved path to our parking lot), out front on the street & across the street at the school. Call for more information on any event to the center 301-271-7911. We provide rides for homebound seniors within a 6 mile radius for doctors/dentists appointments in Thurmont, grocery store, hair dresser, etc. & we deliver carryout lunches for \$6.00 ea. for homebound seniors within 6 miles. We also have some equipment for free loan like walkers, canes, etc. Call the center for details at 301-271-7911.