

TOWNSEND SENIOR CENTER MENU

JULY 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CAROL'S MEATLOAF MASHED POTATOES w/GRVY CARROT COINS WHOLE GRAIN BREAD PLUMP PEACHES	2 FISH PATTY ON A BUN GREEN PEAS CARROT RAISIN SALAD GOLDEN PEARS	3 CLOSED 
6 CHICKEN ALA KING STEAMED POTATOES MIXED VEGETABLES TOSSED SALAD APRICOTS	7 SLOPPY JOES ON A BUN BAKED BEANS CREAMY COLESLAW CINNAMON APPLESAUCE	8 CHICKEN FRIED STEAK STEAMED POTATOES CARROTS & PEAS WHOLE GRAIN BREAD FRUIT CRISP	9 BBQ PORK SANDWICH POTATO SALAD PICKLED BEETS JUICY PEARS	10 ROASTED TURKEY MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD PLUMP PEACHES
13 CABBAGE ROLLS MASHED POTATOES ORIENTAL VEGETABLES MIXED FRUIT COOKIE	14 BAKED HAM SCALLOPED POTATOES GARDEN PEAS CARROT RAISIN SALAD SPICED APPLES	15 BEEF TACOS CHEESE & SOUR CREAM LETTUCE & TOMATO MEXICAN CORN & BEANS PINEAPPLE	16 BAKED COD RICE PILAF CARROT COINS BEAN MEDLEY FRUIT SALAD	17 LIVER & ONIONS BAKED POTATO MIXED VEGETABLES GARDEN SALAD SWEET PEACHES
20 SWEDISH MEATBALLS MASHED POTATOES GERMAN VEGETABLES WHOLE WHEAT BREAD APRICOT HALVES	21 <u>BIRTHDAY DINNER</u> PORK ROAST SWEET POTATOES KEY LARGO VEGETABLES WHOLE GRAIN ROLL APPLESAUCE CAKE & ICE CREAM	22 MAKE YOUR OWN CHEF SALAD w/BEANS CARROT & CELERY STICKS WHOLE GRAIN ROLL FRESH FRUIT	23 BAKED CHICKEN WILD RICE BROCCOLI SPEARS STEAMED CARROTS GOLDEN PEARS	24 SPAGHETTI w/MEAT SAUCE GREEN BEANS TOSSED SALAD w/GARBANZOS MIXED FRUIT
27 SALISBURY STEAK STEAMED POTATOES GREEN BEANS SLICED BEETS PLUMP PEACHES	28 SWEET-N-SOUR PORK FRIED BROWN RICE ORIENTAL VEGETABLES SALAD w/BEANS BAKED APPLES	29 HAM SALAD SANDWICH PEA SALAD GARDEN SALAD BANANAS & PUDDING	30 BEEF STROGANOFF EGG NOODLES GOLDEN CORN FOUR BEAN SALAD FRESH FRUIT	31 POLISH SAUSAGE ON A BUN w/SAUERKRAUT STEAMED POTATOES MIXED VEGETABLES PINEAPPLE

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS
USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250.

This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN. *Cassandra Drynan, RDN.*

Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.