









AUGUSTA SENIOR CENTER MENU FEBRUARY, 2018



For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CHICKEN SANDWICH LETTUCE & TOMATO TATER TOTS 3 BEAN SALAD JELLO W/FRUIT
4 BLUEBERRY PANCAKES BAKED EGGS BREAKFAST SAUSAGE TOMATO SLICES ASSORTED JUICE	5 CHICKEN, VEGGIE & RICE SOUP CRACKERS & CHEESE SALAD W/BEETS PEARS W/COTTAGE CHEESE <u>BINGO</u>	6 BEEF FLORENTINE (SPINACH & TOMATO) GREEN PEAS TOSSED SALAD WHOLE WHEAT ROLL FRUIT COCKTAIL	7 CHEF'S CHOICE ENTRÉE CARROT COINS TOSSED SALAD W/BEANS APPLESAUCE <u>WII BOWLING</u>	8 <u>COMMISSIONER'S MEETING</u> SWEET & SOUR CHICKEN BROWN RICE STIR FRY VEGGIES GARDEN SALAD ORANGE SLICES
11 <u>SENIOR MEETING</u> CHICKEN PASTA BAKE (SPINACH, ONION, TOMATO) GARLIC BREAD TOSSED SALAD JUICY PEARS HEARING CLINIC – 11 AM	12 HOT ROAST BEEF SANDWICH MASH POTATO GRAVY SWEET CORN GARDEN SALAD FRESH FRUIT <u>BINGO</u>	13 SWEET PORK POTATO & APPLES WINTER MIX VEGGIES TOSSED SALAD WHEAT ROLL	14 <u>VALENTINE'S DAY</u> CHEF'S CHOICE ENTRÉE GREEN BEANS GARDEN SALAD W/BEANS FRUIT CUP <u>WII BOWLING</u>	15 STROGANOFF SANDWICH (ONION, PEPPERS, TOMATO) PICKLED BEETS GREEN SALAD APPLE SLICES
18 <u>CLOSED</u> 	19 TACO SOUP (BEEF & BEANS) QUESADILLA VEGGIE SALAD CHOPPED TOMATO STRAWBERRY JELLO W/FRUIT <u>BINGO</u>	20 <u>BIRTHDAY DINNER</u> TURKEY & STUFFING BROCCOLI SPEARS TOSSED SALAD CRANBERRIES BANANA PUDDING CUP	21 CHEF'S CHOICE ENTRÉE TOSSED SALAD GOLDEN CORN FRUIT SALAD <u>WII BOWLING</u>	22 FISH SANDWICH GARDEN COLESLAW TOMATO SLICES LEMON JELLO W/PEARS
25 CALICO BEANS CORN BREAD TOMATO SLICES TOSSED SALAD APPLE SLICES	26 BAKED CHICKEN MASHED POTATO W/GRAVY BUTTERED BEETS GARDEN SALAD WHOLE GRAIN ROLL <u>BINGO</u>	27 SPAGHETTI W/MEAT SAUCE GARLIC BREAD GREEN BEANS TOSSED SALAD PINEAPPLE	28 CHEF'S CHOICE ENTRÉE GREEN PEAS TOSSED SALAD MANDARIN ORANGES <u>WII BOWLING</u>	

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*.

MEALS ARE SERVED WITH LOW FAT MILK, COFFEE, TEA & LEMONADE.