




TOWNSEND SENIOR NUTRITION MENU – JUNE 2021

FOR RESERVATIONS CALL 266-3995 BY 10:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 FISH PATTY ON A BUN GREEN PEAS STEAMED CARROTS MANDARIN ORANGES CHOCOLATE MOUSSE	2 SWEET-N-SOUR PORK FRIED BROWN RICE ORIENTAL VEGETABLES FOUR BEAN SALAD BAKED APPLES	3 CAROL'S MEATLOAF MASHED POTATOES w/GRAVY GARDEN SALAD WHOLE GRAIN BREAD PLUMP PEACHES	4 POLISH SAUSAGE w/SAUERKRAUT STEAMED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE
7 CHICKEN ALA KING STEAMED POTATOES MIXED VEGETABLES TOSSED SALAD APRICOTS	8 SLOPPY JOES ON A BUN BAKED BEANS CREAMY COLESLAW CINNAMON APPLESAUCE	9 LIVER & ONIONS BAKED POTATO MIXED VEGETABLES GARDEN SALAD SWEET PEACHES	10 BBQ PORK SANDWICH POTATO SALAD PICKLED BEETS JUICY PEARS	11 CHICKEN FRIED STEAK STEAMED POTATOES CARROTS & PEAS WHOLE GRAIN BREAD FRUIT CRISP
14 CABBAGE ROLLS MASHED POTATOES ORIENTAL VEGETABLES MANDARIN ORANGES	15 <u>BIRTHDAY DINNER</u> BAKED HAM SCALLOPED POTATOES GARDEN PEAS CARROT RAISIN SALAD SPICED APPLES BIRTHDAY CAKE	16 SPAGHETTI w/MEAT SAUCE SWEET CORN TOSSED SALAD MIXED FRUIT	17 BAKED COD RICE PILAF CARROT COINS BEAN MEDLEY FRUIT SALAD	18 <u>FATHER'S DAY DINNER</u> ROASTED TURKEY MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD PLUMP PEACHES DESSERT
21 SWEDISH MEATBALLS MASHED POTATOES GERMAN VEGETABLES SALAD w/BEANS APRICOT HALVES	22 BBQ PORK RIBS MACARONI SALAD SWEET CORN PICKLED BEETS APPLESAUCE	23 BEEF STROGANOFF EGG NOODLES GREEN PEAS TOSSED SALAD BAKED APPLES	24 BAKED CHICKEN WILD RICE STEAMED BROCCOLI CARROT COINS GOLDEN PEARS	25 CHEF SALAD w/BEANS CARROT & CELERY STICKS WHOLE GRAIN ROLL SWEET PEACHES COOKIE
28 HAM SALAD SANDWICH GOLDEN CORN PEA SALAD MANDARIN ORANGES	29 BEEF TACOS CHEESE & SOUR CREAM LETTUCE & TOMATO MEXICAN CORN & BEANS PINEAPPLE	30 PORK CHOPS STEAMED POTATOES SLICED BEETS TOSSED SALAD APRICOTS		 <i>Low-fat milk is served daily</i>

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, R.D.N. *Cassandra Drynan, R.D.N.*

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