



AUGUSTA SENIOR CENTER MENU JANUARY, 2019

For Additional Information call 562-3623

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
|  | <p>1 <u>CLOSED</u></p>  | <p>2 PORK ROAST SAUERKRAUT GREEN BEANS TOSSED SALAD WHOLE WHEAT ROLL CINNAMON APPLESAUCE</p> | <p>3 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE STEAMED BROCCOLI GARDEN SALAD FRESH ORANGES</p> | <p>4 CHICKEN STRIPS TATER TOTS SALAD w/BEANS TOMATO WEDGES FRUIT SALAD</p> |
| <p>7 CABBAGE ROLL CASSEROLE GARDEN SALAD GARLIC BREAD ROLL GOLDEN PEARS</p> | <p>8 <u>BINGO</u> SPLIT PEA SOUP CRACKERS & CHEESE TOSSED SALAD PICKLED BEETS WHOLE GRAIN BREAD/ROLL SWEET PEACHES</p> | <p>9 CHICKEN & RICE MIXED BEAN MEDLEY GREEN SALAD WHOLE WHEAT ROLL PINEAPPLE</p> | <p>10 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE SWEET CORN GARDEN SALAD FRUIT CUP</p> | <p>11 <u>COMMISSIONER'S MEETING</u> SWEDISH MEATBALLS MASHED POTATOES STEAMED CARROTS TOSSED SALAD JELLO w/FRUIT</p> |
| <p>14 SENIOR MEETING PIZZA & SALAD BAR FRESH TOMATOES COTTAGE CHEESE SWEET PEACHES</p> <p><u>HEARING CLINIC</u></p> | <p>15 <u>BINGO</u> MINISTRONE SOUP w/BEANS CHEESE BISCUIT TOSSED SALAD COTTAGE CHEESE APPLE SLICES</p> | <p>16 OVEN CHICKEN BAKED BEANS POTATO SALAD GREEN SALAD w/TOMATOES WHOLE WHEAT ROLL</p> | <p>17 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE GREEN BEANS GARDEN SALAD JUICY PEARS</p> | <p>18 HAM SLICE SERBIAN EGGS SPINACH SALAD BLUEBERRY MUFFINS CRANBERRIES ASSORTED JUICE</p> |
| <p>21 <u>CLOSED</u></p>  | <p>22 <u>BINGO</u> TUNA NOODLE CASSEROLE MIXED VEGGIES TOSSED SALAD PLUMP PEACHES</p> | <p>23 <u>BIRTHDAY DINNER</u> MEAT & VEGGIE LASAGNA BROCCOLI SPEARS GARDEN SALAD BREAD STICKS CAKE & ICE CREAM</p> | <p>24 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE GREEN SALAD PICKLED BEETS APPLESAUCE</p> | <p>25 BEEF TACOS REFRIED BEANS MEXICAN CORN LIME JELLO w/PEARS</p> |
| <p>28 SWEET & SOUR PORK BROWN RICE STIR FRY VEGGIES TOSSED SALAD ORANGE SLICES</p> | <p>29 <u>BINGO</u> CHEESEBURGER LETTUCE & TOMATO 3 BEAN SALAD PICKLED BEETS SPICED APPLES PUDDING CUP</p> | <p>30 FISH w/LEMON BUTTER WILD RICE STEAMED SPINACH GARDEN SALAD LEMON JELLO w/ORANGES</p> | <p>31 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE GREEN SALAD BUTTER BEETS PINEAPPLE</p> |  |

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.