






# AUGUSTA SENIOR NUTRITION MENU — MAY 2021



FOR RESERVATIONS CALL 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> QUICHE FLORENTINE VEGETABLE MEDLEY BLUEBERRIES & YOGURT FRUIT MUFFIN JUICE	<b>4</b> BBQ RIBS CORN MUFFIN BAKED BEANS COLESLAW APPLESAUCE	<b>5</b> CHICKEN BAKE WHOLE WHEAT TOAST MIXED VEGGIES GARDEN SALAD GOLDEN PEARS	<b>6</b> CHEF'S CHOICE ENTRÉE BROCCOLI SPEARS TOSSED SALAD WHOLE GRAIN BREAD SWEET PEACHES	<b>7</b> SLOPPY JOES TATER TOTS PURPLE BEETS FRUIT COCKTAIL
<b>10</b> SPAGHETTI w/MEAT SAUCE GARLIC BREAD GREEN BEANS SALAD w/GARBANZOS PINEAPPLE TIDBITS	<b>11</b> TURKEY & RICE SOUP MIXED VEGGIES CARROT RAISIN SALAD FRESH FRUIT DESSERT	<b>12</b> BAKED HAM SWEET YAMS DINNER SALAD HOT WHEAT ROLL CINNAMON APPLES	<b>13</b> CHEF'S CHOICE ENTRÉE STEAMED CARROTS CAULIFLOWER & BROCCOLI BREADSTICK MANDARIN ORANGES	<b>14</b> PULLED PORK SANDWICH DICED BEETS POTATO SALAD FRUIT CUP
<b>17</b> TERIYAKI CHICKEN BROWN RICE STIR FRY VEGETABLES GARDEN SALAD MANDARIN ORANGES	<b>18</b> TOMATO BISQUE GRILLED CHEESE SANDWICH BROCCOLI SLAW BEAN MEDLEY JUICY PEARS	<b>19</b> <u>BIRTHDAY DINNER</u> HEARTY MEATLOAF PEAS & CARROTS VEGGIE SALAD ORANGE SLICES BIRTHDAY CAKE	<b>20</b> CHEF'S CHOICE ENTRÉE BRUSSELS SPROUTS TOSSED SALAD WHOLE GRAIN ROLL APPLESAUCE	<b>21</b> CALICO BEANS CORN BREAD GARDEN COLESLAW PURPLE BEETS SWEET PEACHES
<b>24</b> MAC-N-CHEESE w/TOMATOES & BACON GREEN BEANS TOSSED SALAD w/GARBANZOS APPLE SLICES	<b>25</b> MINESTRONE w/BEANS FOCACCIA BREAD PICKLED BEETS COTTAGE CHEESE w/PEACHES	<b>26</b> CHICKEN FRIED STEAK MASHED POTATOES DINNER SALAD WHOLE GRAIN ROLL CRANBERRIES	<b>27</b> CHEF'S CHOICE ENTRÉE SWEET CORN VEGGIE SALAD BREADSTICK PINEAPPLE	<b>28</b> TUNA BUNWICH CRISP COLESLAW CARROT & CELERY STICKS MANDARIN ORANGES DESSERT
<b>31</b> <u>CLOSED - MEMORIAL DAY</u> 				Low-fat milk is served daily

WE DEPEND ON YOUR MEAL PAYMENT 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.