

TOWNSEND SENIOR NUTRITION MENU - MAY 2021



FOR RESERVATIONS CALL 266-3995 BY 10:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 FISH PATTY ON A BUN MACARONI & CHEESE MIXED VEGGIES CRISP COLESLAW PLUMP PEACHES	4 CAROL'S MEATLOAF MASHED POTATOES W/GRAVY GREEN BEANS DINNER SALAD BANANAS & PUDDING	5 HAM SALAD SANDWICH PURPLE BEETS PEA SALAD MANDARIN ORANGES	6 PULLED PORK SANDWICH BAKED BEANS CARROT RAISIN SALAD SPICED APPLES	7 <u>MOTHER'S DAY DINNER</u> ROAST BEEF MASHED POTATOES CARROTS DINNER SALAD MIXED FRUIT
10 MONTANA PASTIES GARDEN PEAS TOSSED SALAD CINNAMON APPLESAUCE DESSERT BAR	11 TURKEY ALA KING MASHED POTATOES STEAMED CARROTS GARDEN SALAD GOLDEN PEARS	12 PORK CHOPS STEAMED POTATOES GREEN BEANS SLICED BEETS APRICOTS	13 CHICKEN FRIED STEAK STEAMED POTATOES CARROTS & PEAS WHOLE GRAIN BREAD BAKED APPLES	14 POLISH SAUSAGE w/SAUERKRAUT STEAMED POTATOES MIXED VEGETABLES FOUR BEAN SALAD PINEAPPLE
17 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GARDEN SALAD w/BEANS FRUIT MEDLEY	18 <u>BIRTHDAY DINNER</u> ROAST PORK MASHED POTATOES KEY LARGO VEGETABLES WHOLE GRAIN ROLL SPICED APPLES BIRTHDAY CAKE	19 BAKED COD WILD RICE PILAF GERMAN VEGETABLES DINNER SALAD SWEET PEACHES	20 SALISBURY STEAK STEAMED POTATOES CALIFORNIA BLEND CARROT RAISIN SALAD MANDARIN ORANGES	21 DELI SANDWICH POTATO SALAD CREAMY COLESLAW CINNAMON APPLESAUCE
24 SLOPPY JOES ON A BUN BAKED BEANS CARROT RAISIN SALAD JELLO w/FRUIT	25 CHICKEN & RICE CASSEROLE CALIFORNIA VEGETABLES DINNER SALAD BLUSHING PEARS	26 SWEDISH MEATBALLS STEAMED POTATOES GREEN BEANS WHOLE GRAIN BREAD APRICOT HALVES	27 BBQ PORK BITS CORN BREAD BAKED BEANS CRISP COLESLAW APPLESAUCE	28 BREADED VEAL MASHED POTATOES CARROTS & PEAS WHOLE GRAIN BREAD SWEET PEACHES
31 MEMORIAL DAY - CLOSED 		Low-fat milk is served daily		

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.