





TOWNSEND SENIOR CENTER MENU FEBRUARY, 2019

For Additional Information Call 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 TOMATO SOUP GRILLED CHEESE SANDWICH PICKLED BEETS COLESLAW PINEAPPLE</p>
<p>4 SPAGHETTI W/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GARDEN SALAD APPLESAUCE</p>	<p>5 BBQ RIB BITS BAKED BEANS GOLDEN CORN COLESLAW BUTTERSCOTCH BARS</p>	<p>6 BAKED CHICKEN RICE PILAF PEAS & CARROTS GREEN SALAD SWEET PEACHES</p>	<p>7 BEEF STEW FRESH BAKED BISCUITS CRISPY COLESLAW ZESTY PINEAPPLE PEANUT BUTTER COOKIES</p>	<p>8 CHICKEN FRIED STEAK MASHED POTATOES CHICKEN & RICE SOUP CALIFORNIA BLEND VEGGIES APRICOT HALVES</p>
<p>11 CHICKEN ALA KING MASHED POTATOES CAPRI VEGGIES WHOLE GRAIN ROLL MANDARIN ORANGES</p>	<p>12 FISH PATTIES MACARONI & CHEESE GARDEN PEAS TOSSED SALAD PEACH CRISP</p>	<p>13 MONTANA PASTIES GERMAN VEGGIES GARDEN SALAD SWEET PEARS</p>	<p>14 ♥♥ <u>VALENTINE'S DAY</u> ♥♥ BAKED TURKEY STEAMED POTATOES GREEN BEANS BAKED APPLES SPICE CAKE</p>	<p>15 SAUSAGE LINKS SCRAMBLED EGGS PANCAKES KEY LARGO VEGGIES MIXED FRUIT FRUIT JUICE</p>
<p>18 <u>CLOSED</u></p> 	<p>19 <u>BIRTHDAY DINNER</u> BAKED PORK CHOP MASHED POTATOES MIXED VEGGIES JUICY PEARS CAKE & ICE CREAM</p>	<p>20 BAKED COD FRIED RICE ORIENTAL VEGGIES TOSSED SALAD APPLESAUCE</p>	<p>21 CABBAGE ROLLS MASHED POTATOES CALIFORNIA BLEND VEGGIES SPICED APPLES</p>	<p>22 HAM & NAVY BEANS CORNBREAD CARROT RAISIN SALAD PLUMP PEACHES</p>
<p>25 SWEDISH MEATBALLS MASHED POTATOES MIXED VEGGIES FOUR BEAN SALAD APRICOT HALVES</p>	<p>26 BAKED CHICKEN STEAMED POTATOES PEAS & CARROTS WHOLE GRAIN ROLL BANANA PUDDING</p>	<p>27 SALISBURY STEAK MASHED POTATOES GOLDEN CORN WHOLE GRAIN BREAD MANDARIN ORANGES</p>	<p>28 SWEET-N-SOUR PORK BROWN RICE ORIENTAL VEGGIES TOSSED SALAD GOLDEN PEARS BROWNIES</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, WHOLE GRAIN BREAD AND MARGARINE.