




# AUGUSTA SENIOR CENTER MENU AUGUST 2019

For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CHEF'S CHOICE ENTRÉE SWEET CORN VEGETABLE MEDLEY WHOLE GRAIN ROLL/BREAD FRUIT SALAD	2 BBQ PORK SANDWICH POTATO SALAD COLESLAW PINEAPPLE RINGS COOKIE
5 MEAT LASAGNA GARLIC BREAD GREEN BEANS TOSSED SALAD APRICOT HALVES	6 KALUA PORK MACARONI SALAD MALIBU VEGGIES GARDEN SALAD BAKED APPLES  BINGO 7 PM	7 FISH SANDWICH ON A BUN TATER TOTS TOMATO SALAD FRUIT CUP VANILLA PUDDING	8 CHEF'S CHOICE ENTRÉE GREEN PEAS DINNER SALAD HOT ROLL CRANBERRIES	9 <u>COUNTY COMMISSIONERS</u> MEATBALLS & GRAVY MASHED POTATOES BUTTER BEETS BEAN MEDLEY GOLDEN PEARS
12 SWEET-N-SOUR CHICKEN FRIED BROWN RICE BROCCOLI SPEARS STEAMED CARROTS MANDARIN ORANGES  HEARING CLINIC	13 SHEPARD'S PIE MIXED VEGETABLES GARDEN SALAD WHOLE GRAIN ROLL SWEET PEACHES  BINGO 7 PM	14 <u>BIRTHDAY DINNER</u> NANCY'S MEATLOAF POTATO CASSEROLE BRUSSELS SPROUTS HOT WHEAT ROLL PINEAPPLE CAKE & ICE CREAM	15 CHEF'S CHOICE ENTRÉE CARROT RAISIN MEDLEY DINNER SALAD WHOLE GRAIN ROLL/BREAD APPLESAUCE	16 CHEESEBURGER ON A BUN (LETTUCE & TOMATO) BAKED BEANS TOSSED SALAD FRESH FRUIT
19 TATER TOT CASSEROLE GARDEN PEAS VEGGIE SALAD FRUIT COCKTAIL	20 CHICKEN BAKE BREAD STUFFING GREEN BEANS SALAD W/BEANS FRUITED JELLO  BINGO 7 PM	21 SALISBURY STEAK GARLIC ROLL PICKLED BEETS DINNER SALAD CRANBERRIES	22 CHEF'S CHOICE ENTRÉE BROCCOLI & CAULIFLOWER TOSSED SALAD WHOLE GRAIN ROLL/BREAD FRESH FRUIT	23 COLD CUT HOAGIE CARROT SALAD TOMATO & BEAN MEDLEY PEARS W/COTTAGE CHEESE
26 PORK TACOS REFRIED BEANS TOSSED SALAD FRESH FRUIT	27 FRENCH TOAST CASSEROLE SAUSAGE PATTY VEGGIE SALAD MANDARIN ORANGES JUICE  BINGO 7 PM	28 CHEF'S CHOICE VEGGIE SOUP GRILLED CHEESE SANDWICH GARDEN SALAD W/BEANS PLUMP PEACHES	29 CHEF'S CHOICE ENTRÉE SWEET CORN TOSSED SALAD WHOLE GRAIN ROLL/BREAD SPICED APPLES	30 CHILI DOG TATER TOTS GARDEN COLESLAW FRUIT SALAD CUPCAKES

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

MEALS ARE SERVED WITH LOW FAT MILK, COFFEE, TEA & LEMONADE.