

FOR RESERVATIONS

CALL 266-3995

**TOWNSEND SENIOR CENTER MENU
JUNE 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ PORK SANDWICHES POTATO SALAD PICKLED BEETS PLUMP PEACHES
4 SALISBURY STEAK STEAMED POTATOES GOLDEN CORN 4 BEAN SALAD MIXED FRUIT	5 BAKED CHICKEN MASHED POTATOES GREEN PEAS FRESH FRUIT BANANA PUDDING	6 SWEET & SOUR PORK FRIED BROWN RICE ORIENTAL VEGGIES CARROT RAISIN SALAD APRICOTS	7 BAKED HAM SCALLOPED POTATOES PEAS & CARROTS SPICED APPLES CARROT CAKE	8 SLOPPY JOES BAKED BEANS GREEN BEANS COLESLAW PINEAPPLE
11 BBQ RIB BITS MACARONI SALAD PICKLED BEETS COLESLAW APPLESAUCE	12 CHICKEN ALA KING STEAMED POTATOES CAPRI VEGGIES GARDEN SALAD BUTTERSCOTCH BARS	13 MEATLOAF MASHED POTATOES GREEN BEANS 4 BEAN SALAD BLUSHING PEARS	14 MAKE YOUR OWN CHEF SALAD (ham, turkey, cheese, lettuce, tomato, hard boiled eggs) CARROT & CELERY STICKS WHOLE GRAIN ROLL BAKED APPLES	15 DELI SANDWICH COLESLAW PEA SALAD MANDARIN ORANGES
18 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GARDEN SALAD w/BEANS JUICY PEACHES	19 <u>HAPPY BIRTHDAY</u> BAKED PORK CHOPS MASHED POTATOES GREEN BEANS APPLESAUCE CAKE & ICE CREAM	20 BAKED COD FRIED BROWN RICE PEAS & CARROTS COLESLAW MIXED FRUIT	21 SWEDISH MEATBALLS MASHED POTATOES CAPRI VEGGIES MANDARIN ORANGES BROWNIES	22 SCRAMBLED EGGS LINK SAUSAGE PANCAKES KEY LARGO BLEND APRICOTS ASSORTED JUICES
25 CHICKEN FRIED STEAK MASHED POTATOES CARROT COINS 4 BEAN SALAD PINEAPPLE	26 BEEF TACOS (LETTUCE, CHEESE TOMATOES, SOUR CREAM) BEANS & SPANISH RICE BLUEBERRY CRISP	27 BAKED CHICKEN BROWN RICE PILAF GERMAN VEGGIES TOSSED SALAD APPLESAUCE	28 POLISH SAUSAGE STEAMED POTATOES SAUERKRAUT APRICOT HALVES PEANUT BUTTER COOKIES	29 FISH PATTIES ON A BUN MACARONI & CHEESE MIXED VEGGIES BROCCOLI SLAW GOLDEN PEARS

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, R.D.N. Cassandra Drynan, R.D.N.

Meals are served with Low Fat Milk, Coffee, Juice, Whole Grain Bread and Margarine.