

**FOR RESERVATIONS  
CALL 266-3995**

**TOWNSEND SENIOR CENTER MENU  
JULY 2019**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 FISH PATTY ON A BUN MACARONI &amp; CHEESE MIXED VEGGIES CRISP COLESLAW PLUMP PEACHES</p>	<p>2 ROAST BEEF DINNER MASHED POTATOES w/GRAVY CARROT COINS DINNER SALAD BANANA PUDDING</p>	<p>3 HAM SALAD SANDWICH FOUR BEAN MEDLEY PEA SALAD MANDARIN ORANGES</p>	<p>4 <u>CLOSED</u></p> 	<p>5 <u>CLOSED</u></p> 
<p>8 SALISBURY STEAK STEAMED POTATOES GREEN BEANS SLICED BEETS APRICOTS</p>	<p>9 TURKEY ALA KING MASHED POTATOES STEAMED CARROTS GARDEN SALAD GOLDEN PEARS</p>	<p>10 BBQ PORK SANDWICH CREAMY COLESLAW BAKED BEANS MIXED FRUIT</p>	<p>11 MONTANA PASTIES GARDEN PEAS TOSSED SALAD CINNAMON APPLESAUCE DESSERT BAR</p>	<p>12 POLISH SAUSAGE ON A BUN SAUERKRAUT MIXED VEGETABLES FOUR BEAN SALAD PINEAPPLE</p>
<p>15 BAKED COD WILD RICE PILAF GERMAN VEGETABLES DINNER SALAD SWEET PEACHES</p>	<p>16 <u>BIRTHDAY DINNER</u> ROAST PORK SWEET POTATOES KEY LARGO VEGETABLES WHOLE GRAIN ROLL SPICED APPLES CAKE &amp; ICE CREAM</p>	<p>17 SPAGHETTI w/MEAT SAUCE GARLIC BREAD FOUR BEAN MEDLEY GARDEN GREENS MIX FRUIT SALAD</p>	<p>18 SWEET-N-SOUR PORK FRIED BROWN RICE ORIENTAL VEGETABLES CARROT RAISIN SALAD MANDARIN ORANGES</p>	<p>19 DELI SANDWICH POTATO SALAD CARROT RAISIN MEDLEY FRESH FRUIT</p>
<p>22 BEEF TACOS CHEESE &amp; SOUR CREAM LETTUCE &amp; TOMATO MEXICAN CORN &amp; BEANS ZESTY PINEAPPLE</p>	<p>23 BAKED CHICKEN RICE PILAF CALIFORNIA VEGETABLES DINNER SALAD BLUSHING PEARS</p>	<p>24 SWEDISH MEATBALLS STEAMED POTATOES GREEN BEANS WHOLE GRAIN BREAD APRICOT HALVES</p>	<p>25 BBQ PORK BITS CORN BREAD BAKED BEANS CRISP COLESLAW APPLESAUCE</p>	<p>26 MAKE YOUR OWN CHEF SALAD CARROT &amp; CELERY STICKS WHOLE GRAIN BREAD JELLO w/FRUIT</p>
<p>29 BEEF STROGANOFF EGG NOODLES GERMAN VEGETABLES DINNER SALAD MIXED FRUIT</p>	<p>30 PORK CHOPS STEAMED POTATOES CARROT COINS FOUR BEAN SALAD BAKED APPLES CHOCOLATE MOUSSE</p>	<p>31 CAROL'S MEATLOAF MASHED POTATOES w/GRAVY GARDEN SALAD WHOLE GRAIN BREAD PLUMP PEACHES</p>		

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, Juice, Whole Grain Bread and Margarine.**