

FOR INFORMATION
CALL 266-3995

TOWNSEND SENIOR NUTRITION MENU
NOVEMBER 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CABBAGE ROLLS MASHED POTATOES ORIENTAL VEGETABLES MANDARIN ORANGES	**3** ELECTION DAY GRILLED CHEESE TOMATO SOUP FOUR BEAN SALAD FRESH FRUIT	**4** SPAGHETTI w/MEAT SAUCE GREEN BEANS SWEET CORN MIXED FRUIT COOKIE	**5** BAKED HAM SCALLOPED POTATOES GARDEN PEAS CARROT RAISIN SALAD SPICED APPLES	**6** LIVER & ONIONS BAKED POTATO MIXED VEGETABLES GARDEN SALAD SWEET PEACHES
9 SWEDISH MEATBALLS MASHED POTATOES GERMAN VEGETABLES SALAD w/BEANS APRICOT HALVES	**10** BBQ PORK SWEET CORN PICKLED BEETS WG BREAD APPLESAUCE	**11** CLOSED 	**12** BAKED CHICKEN WILD RICE STEAMED BROCCOLI CARROT COINS BANANAS & PUDDING	**13** TATER TOT CASSEROLE GARDEN PEAS TOSSED SALAD PINEAPPLE
16 FISH PATTY ON A BUN MACARONI & CHEESE MIXED VEGGIES CRISP COLESLAW PLUMP PEACHES	**17** BIRTHDAY DINNER CAROL'S MEATLOAF MASHED POTATOES w/GRAVY GREEN BEANS WHOLE GRAIN ROLL GOLDEN PEARS BIRTHDAY CAKE	**18** HAM & RICE CASSEROLE GREEN PEAS CARROT RAISIN SALAD MANDARIN ORANGES	**19** BEEF STROGANOFF EGG NOODLES GOLDEN CORN SALAD w/BEANS BAKED APPLES	**20** SCRAMBLED EGGS CRISP BACON WHOLE GRAIN BREAD POTATO TRIANGLES KEY LARGO VEGETABLES FRUIT SALAD
23 SALISBURY STEAK STEAMED POTATOES GREEN BEANS SLICED BEETS APRICOTS	**24** THANKSGIVING DINNER BAKED TURKEY MASHED POTATOES STEAMED CARROTS WHOLE GRAIN BREAD GOLDEN PEARS HOLIDAY PIES	**25** MONTANA PASTIES GARDEN PEAS TOSSED SALAD CINNAMON APPLESAUCE DESSERT BAR	**26** CLOSED - THANKSGIVING 	**27** CLOSED 
30 BAKED COD WILD RICE PILAF GERMAN VEGETABLES DINNER SALAD SWEET PEACHES			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.