




TOWNSEND SENIOR NUTRITION MENU - APRIL 2021

FOR RESERVATIONS CALL 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 Low-fat milk is served daily		1 BBQ PORK BITS CORN BREAD BAKED BEANS CRISP COLESLAW APPLESAUCE	2 CHEF SALAD CARROT & CELERY STICKS WHOLE GRAIN BREAD SWEET PEACHES
5 BEEF STROGANOFF EGG NOODLES GERMAN VEGETABLES CARROT RAISIN SALAD MIXED FRUIT	6 ROAST PORK MASHED POTATOES MIXED VEGETABLES FOUR BEAN SALAD BAKED APPLES	7 CAROL'S MEATLOAF MASHED POTATOES w/GRAVY GARDEN SALAD WHOLE GRAIN BREAD PLUMP PEACHES	8 FISH PATTY ON A BUN GREEN PEAS STEAMED CARROTS MANDARIN ORANGES CHOCOLATE MOUSSE	9 FRENCH TOAST SCRAMBLED EGGS & LINKS POTATO TRIANGLES KEY LARGO VEGETABLES FRUIT SALAD
12 SALISBURY STEAK MASHED POTATOES ORIENTAL VEGETABLES WG DINNER ROLL MANDARIN ORANGES	13 CHICKEN ALA KING STEAMED POTATOES MIXED VEGETABLES TOSSED SALAD APRICOTS	14 BAKED CHICKEN WILD RICE STEAMED BROCCOLI WHOLE GRAIN BREAD PLUMP PEACHES	15 DELI SANDWICH BAKED BEANS PICKLED BEETS JUICY PEARS	16 CHICKEN FRIED STEAK STEAMED POTATOES CARROTS & PEAS WHOLE GRAIN BREAD FRUIT CRISP
19 SLOPPY JOES ON A BUN POTATO SALAD CREAMY COLESLAW CINNAMON APPLESAUCE	20 <u>BIRTHDAY DINNER</u> BAKED HAM SCALLOPED POTATOES GARDEN PEAS CARROT RAISIN SALAD SPICED APPLES BIRTHDAY CAKE	21 SPAGHETTI w/MEAT SAUCE GREEN BEANS TOSSED SALAD MIXED FRUIT	22 BAKED COD RICE PILAF CARROT COINS BEAN MEDLEY FRUIT SALAD	23 LIVER & ONIONS BAKED POTATO MIXED VEGETABLES GARDEN SALAD SWEET PEACHES
26 SWEDISH MEATBALLS MASHED POTATOES GERMAN VEGETABLES SALAD w/BEANS APRICOT HALVES	27 BBQ PORK RIBS MACARONI SALAD SWEET CORN PICKLED BEETS APPLESAUCE	28 GRILLED CHEESE TOMATO SOUP FOUR BEAN SALAD SWEET PEACHES DESSERT	29 ROASTED TURKEY MASHED POTATOES GREEN BEANS GARDEN SALAD GOLDEN PEARS	30 HAMBURGER ON A BUN LETTUCE & TOMATO MEXICAN CORN PICKLED BEETS PINEAPPLE

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.