



# AUGUSTA SENIOR NUTRITION MENU NOVEMBER 2020

For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> TUNA NOODLE CASSEROLE GARDEN PEAS TOSSED SALAD JUICY PEARS BANANA BREAD	<b>3</b> SALISBURY STEAK MASHED POTATOES MIXED VEGETABLES HOT ROLL FRUIT CUP	<b>4</b> BAKED COD WILD RICE STEAMED SPINACH GARDEN SALAD APRICOT HALVES	<b>5</b> CHEF'S CHOICE ENTRÉE GREEN BEANS GOLDEN CORN WHOLE GRAIN ROLL SWEET PEACHES	<b>6</b> PULLED PORK SANDWICH POTATO SALAD COLESLAW FRUIT SALAD
<b>9</b> SWEET-N-SOUR PORK BROWN RICE STIR FRY VEGETABLES GARDEN SALAD MANDARIN ORANGES	<b>10</b> CLAM CHOWDER CHEDDAR BISCUIT PURPLE BEETS VEGGIE SALAD FRESH FRUIT	<b>11</b> <u>CLOSED – VETERAN'S DAY</u> 	<b>12</b> CHEF'S CHOICE ENTRÉE OVEN POTATOES ROASTED CARROTS BREADSTICK CRANBERRIES	<b>13</b> <u>THANKSGIVING DINNER</u> HOT TURKEY MASHED POTATOES w/GRAVY MIXED VEGETABLES WHOLE GRAIN ROLL CRANBERRIES PUMPKIN CAKE
<b>16</b> QUICHE FLORENTINE MIXED VEGETABLES BLUEBERRIES & YOGURT FRUIT MUFFIN JUICE	<b>17</b> <u>BIRTHDAY DINNER</u> BBQ RIBS CORN MUFFIN BAKED BEANS COLESLAW APPLESAUCE BIRTHDAY CAKE	<b>18</b> CHICKEN BAKE WHOLE WHEAT TOAST MIXED VEGGIES PURPLE BEETS GOLDEN PEARS	<b>19</b> CHEF'S CHOICE ENTRÉE BROCCOLI SPEARS TOSSED SALAD WHOLE GRAIN BREAD SWEET PEACHES	<b>20</b> SLOPPY JOES TATER TOTS CORN MEDLEY FRUIT COCKTAIL
<b>23</b> SPAGHETTI w/MEAT SAUCE GARLIC BREAD GREEN BEANS PICKLED BEETS PINEAPPLE TIDBITS	<b>24</b> TURKEY & RICE SOUP MIXED VEGGIES CARROT RAISIN SALAD FRESH FRUIT PUDDING CUP	<b>25</b> BAKED HAM SWEET YAMS SALAD w/GARBANZOS HOT WHEAT ROLL CINNAMON APPLES	<b>26</b> <u>CLOSED - THANKSGIVING</u> 	<b>27</b> <u>CLOSED</u> 
<b>30</b> TERIYAKI CHICKEN BROWN RICE STIR FRY VEGETABLES GARDEN SALAD MANDARIN ORANGES				 LOW-FAT MILK IS DELIVERED 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.**