

TOWNSEND SENIOR CENTER MENU JANUARY, 2019

For Additional Information Call 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 <u>CLOSED</u></p> 	<p>2 SALISBURY STEAK MASHED POTATOES GOLDEN CORN 4 BEAN SALAD PLUMP PEACHES</p>	<p>3 FISH PATTIES MACARONI & CHEESE GERMAN VEGGIES PICKLED BEETS BAKED APPLES BUTTERSCOTCH BARS</p>	<p>4 LIVER & ONIONS VEGETABLE BEEF SOUP BAKED POTATOES PEAS & CARROTS APRICOTS</p>
<p>7 SPAGHETTI W/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GARDEN SALAD PINEAPPLE</p>	<p>8 CHICKEN ALA KING MASHED POTATOES MIXED VEGGIES WHOLE GRAIN ROLL JELLO W/FRUIT</p>	<p>9 BAKED COD RICE PILAF CAPRI VEGGIES 4 BEAN SALAD GOLDEN PEARS</p>	<p>10 BBQ RIB BITS BAKED BEANS COLESLAW APPLE CRISP</p>	<p>11 CHILI CON CARNE CHEESE SLICES GARDEN SALAD MANDARIN ORANGES CINNAMON ROLLS</p>
<p>14 SWEDISH MEATBALLS MASHED POTATOES MIXED VEGGIES 4 BEAN SALAD PEACHES</p>	<p>15 <u>HAPPY BIRTHDAY</u> BAKED CHICKEN MASHED POTATOES KEY LARGO VEGGIES SPICED APPLES CAKE & ICE CREAM</p>	<p>16 TUNA NOODLE CASSEROLE GREEN PEAS COLESLAW MIXED FRUIT</p>	<p>17 BAKED HAM SCALLOPED POTATOES GERMAN VEGGIES COLESLAW OATMEAL COOKIES</p>	<p>18 SLOPPY JOES POTATO SOUP BAKED BEANS CALIFORNIA VEGGIES APPLESAUCE</p>
<p>21 <u>CLOSED</u></p> 	<p>22 TURKEY & RICE CASSEROLE PEAS & CARROTS GARDEN SALAD PINEAPPLE BROWNIES</p>	<p>23 CAROL'S MEATLOAF MASHED POTATOES SWEET CORN GARDEN SALAD APRICOTS</p>	<p>24 PORK CHOPS STEAMED POTATOES BROCCOLI SPEARS FOUR BEAN SALAD CHOCOLATE CHIP COOKIES</p>	<p>25 SCRAMBLED EGGS CRISP BACON PANCAKES KEY LARGO VEGGIES MANDARIN ORANGES FRUIT JUICE</p>
<p>28 MONTANA PASTIES GERMAN VEGGIES GARDEN SALAD JUICY PEARS</p>	<p>29 HAM & BEANS GOLDEN CORN CARROT RAISIN SALAD CORNBREAD APPLESAUCE ASSORTED CAKES</p>	<p>30 BEEF STROGANOFF OVER NOODLES STEAMED CARROTS 4 BEAN SALAD MIXED FRUIT</p>	<p>31 BAKED CHICKEN MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL SWEET PEACHES CHOCOLATE MOUSSE</p>	

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, TEA, WHOLE GRAIN BREAD AND MARGARINE.