

FOR RESERVATIONS

CALL 266-3995

TOWNSEND SENIOR CENTER MENU

May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BAKED COD FRIED BROWN RICE ORIENTAL VEGGIES GARDEN SALAD SWEET PEACHES ASSORTED CAKES	2 BEEF STROGANOFF MASHED POTATOES CALIFORNIA VEGGIES 4 BEAN SALAD MIXED FRUIT	3 BEEF & BEAN TACOS LETTUCE, TOMATOES CHEESE, SOUR CREAM MEXICAN CORN BAKED APPLES BROWNIES	4 LIVER & ONIONS BAKED POTATOES GERMAN VEGETABLES APPLESAUCE
7 BAKED PORK CHOP STEAMED POTATOES CARROT COINS 4 BEAN SALAD BLUSHING PEARS	8 TURKEY ALA KING BROWN RICE GREEN BEANS BAKED APPLES CHOCOLATE MOUSSE	9 SALISBURY STEAK MASHED POTATOES CAPRI VEGGIES GARDEN SALAD APRICOTS	10 HAM & SCALLOPED POTATOES MIXED VEGGIES COLESLAW BUTTERSCOTCH BARS	11 SLOPPY JOES TATER TOTS PICKLED BEETS BAKED BEANS MANDARIN ORANGES
14 CAROL'S MEATLOAF MASHED POTATOES GOLDEN CORN 4 BEAN SALAD SWEET PEACHES	15 <u>HAPPY BIRTHDAY</u> BAKED CHICKEN STEAMED POTATOES GERMAN VEGETABLES APRICOT HALVES CAKE & ICE CREAM	16 CABBAGE ROLLS MASHED POTATOES MIXED VEGETABLES ZESTY PINEAPPLE	17 SWEET & SOUR PORK FRIED BROWN RICE ORIENTAL VEGGIES CRISPY COLESLAW MANDARIN ORANGES	18 SCRAMBLED EGGS CRISPY BACON FRENCH TOAST KEY LARGO VEGGIES MIXED FRUIT FRUIT JUICE
21 MONTANA PASTY w/GRAVY DICED BEETS GARDEN SALAD APPLESAUCE	22 FISH PATTIES MACARONI & CHEESE GARDEN PEAS 4 BEAN SALAD JUICY PEACHES PEANUT BUTTER COOKIES	23 BBQ RIBLETS BAKED BEANS COLESLAW JUICY PEARS	24 SWEDISH MEATBALLS NOODLES GERMAN VEGETABLES TOSSED SALAD SPICED APPLES	25 HAM SALAD SANDWICH POTATO SALAD CAPRI VEGGIES APRICOTS
28 <u>CLOSED MEMORIAL DAY</u> 	29 SPAGHETTI w/MEAT SAUCE GARLIC BREAD STEAMED BROCCOLI GARDEN SALAD APPLE CRISP	30 BAKED CHICKEN RICE PILAF CALIFORNIA VEGGIES TOSSED SALAD MANDARIN ORANGES	31 ROAST PORK STEAMED POTATOES KEY LARGO VEGETABLES 4 BEAN SALAD SPICE CAKE	

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, R.D.N., Cassandra Drynan, R.D.N.

Meals are served with Low Fat Milk, Coffee, Juice, Whole Grain Bread and Margarine.