TOWNSEND SENIOR CENTER MENU MARCH, 2020

For Additional Information Call 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BEEF & VEGGIE STEW FRESH BAKED BISCUIT TOSSED SALAD ZESTY PINEAPPLE	3 BAKED CHICKEN RICE PILAF CALIFORNIA VEGETABLES DINNER SALAD FRUIT CRISP	4 SWEDISH MEATBALLS STEAMED POTATOES GREEN BEANS WHOLE GRAIN BREAD APRICOT HALVES	5 BBQ PORK BITS CORN BREAD BAKED BEANS CRISP COLESLAW APPLESAUCE	6 CHICKEN NOODLE SOUP DELI SANDWICH MIXED VEGGIES GARDEN SALAD W/BEANS FRESH FRUIT
9 BEEF STROGANOFF EGG NOODLES GERMAN VEGETABLES DINNER SALAD MIXED FRUIT	10 SWEET-N-SOUR PORK FRIED BROWN RICE ORIENTAL VEGETABLES FOUR BEAN SALAD BAKED APPLES CHOCOLATE MOUSSE	11 CAROL'S MEATLOAF MASHED POTATOES w/GRAVY GARDEN SALAD WHOLE GRAIN BREAD PLUMP PEACHES	12 TUNA NOODLE CASSEROLE GREEN PEAS CARROT RAISIN SALAD MANDARIN ORANGES	13 SCRAMBLED EGGS CRISP BACON PANCAKES KEY LARGO VEGETABLES FRUIT SALAD JUICE
16 CHICKEN ALA KING BROWN RICE MIXED VEGETABLES TOSSED SALAD APRICOTS	17 BIRTHDAY DINNER ST PATRICK'S DAY CORNED BEEF & CABBAGE LUCKY SPUDS CARROT COINS BLARNEY STONE ROLLS GREEN PEARS CAKE & ICE CREAM	18 CHICKEN FRIED STEAK STEAMED POTATOES CARROTS & PEAS WHOLE GRAIN BREAD FRUIT SALAD	19 HAM & BEANS CORN BREAD PICKLED BEETS GARDEN SALAD CINNAMON APPLESAUCE	20 HAMBURGER ON A BUN POTATO SALAD COLESLAW SWEET PEACHES
23 CABBAGE ROLLS MASHED POTATOES ORIENTAL VEGETABLES MANDARIN ORANGES	24 BAKED HAM SCALLOPED POTATOES GARDEN PEAS CARROT RAISIN SALAD SPICED APPLES	25 SPAGHETTI w/MEAT SAUCE GREEN BEANS TOSSED SALAD MIXED FRUIT COOKIE	26 BAKED COD RICE PILAF CARROT COINS BEAN MEDLEY FRUIT SALAD	27 LIVER & ONIONS BAKED POTATO MIXED VEGETABLES GARDEN SALAD SWEET PEACHES
30 SLOPPY JOES ON A BUN SWEET CORN CREAMY COLESLAW APRICOT HALVES PUDDING	31 BBQ PORK RIBS BAKED BEANS PICKLED BEETS WG BREAD APPLESAUCE			

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.