


TOWNSEND SENIOR NUTRITION MENU - OCTOBER, 2021

FOR RESERVATIONS CALL - 266-3995



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<i>Low-fat milk is served daily</i>	1 BEEF & VEGGIE STEW FRESH BAKED BISCUIT TOSSED SALAD ZESTY PINEAPPLE
4 BEEF STROGANOFF EGG NOODLES GERMAN VEGETABLES CARROT RAISIN SALAD MIXED FRUIT	5 SWEET-N-SOUR PORK FRIED BROWN RICE ORIENTAL VEGETABLES FOUR BEAN SALAD BAKED APPLES	6 CAROL'S MEATLOAF MASHED POTATOES w/GRAVY GARDEN SALAD WHOLE GRAIN BREAD PLUMP PEACHES	7 TUNA NOODLE CASSEROLE GREEN PEAS STEAMED CARROTS MANDARIN ORANGES CHOCOLATE MOUSSE	8 ROAST BEEF MASHED POTATOES w/GRAVY KEY LARGO VEGETABLES WHOLE GRAIN BREAD FRUIT SALAD
11 CHICKEN ALA KING STEAMED POTATOES MIXED VEGETABLES TOSSED SALAD APRICOTS	12 SLOPPY JOES ON A BUN BAKED BEANS CREAMY COLESLAW CINNAMON APPLESAUCE	13 ROASTED TURKEY MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD PLUMP PEACHES	14 HAM & BEANS CORN BREAD PICKLED BEETS GARDEN SALAD JUICY PEARS	15 CHICKEN FRIED STEAK STEAMED POTATOES CARROTS & PEAS WHOLE GRAIN BREAD FRUIT CRISP
18 CABBAGE ROLLS MASHED POTATOES ORIENTAL VEGETABLES MANDARIN ORANGES	19 <u>BIRTHDAY DINNER</u> BAKED HAM SCALLOPED POTATOES GARDEN PEAS CARROT RAISIN SALAD SPICED APPLES BIRTHDAY CAKE	20 SPAGHETTI w/MEAT SAUCE GREEN BEANS TOSSED SALAD MIXED FRUIT	21 BAKED COD RICE PILAF CARROT COINS BEAN MEDLEY FRUIT SALAD	22 LIVER & ONIONS BAKED POTATO MIXED VEGETABLES GARDEN SALAD SWEET PEACHES
25 SWEDISH MEATBALLS MASHED POTATOES GERMAN VEGETABLES SALAD w/BEANS APRICOT HALVES	26 BBQ PORK RIBS WG BREAD SWEET CORN PICKLED BEETS APPLESAUCE DESSERT	27 GRILLED CHEESE TOMATO SOUP FOUR BEAN SALAD SWEET PEACHES	28 BAKED CHICKEN WILD RICE STEAMED BROCCOLI GARDEN SALAD GOLDEN PEARS	29 TATER TOT CASSEROLE GARDEN PEAS TOSSED SALAD 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.