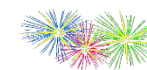




TOWNSEND SENIOR NUTRITION MENU - JANUARY, 2022



For Reservations Call 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 FISH PATTY ON A BUN MACARONI & CHEESE MIXED VEGGIES CRISP COLESLAW PLUMP PEACHES	4 CAROL'S MEATLOAF MASHED POTATOES w/GRAVY GREEN BEANS DINNER SALAD BANANAS & PUDDING	5 HAM & RICE CASSEROLE GREEN PEAS CARROT RAISIN SALAD MANDARIN ORANGES	6 BEEF STROGANOFF EGG NOODLES GOLDEN CORN SALAD w/BEANS BAKED APPLES	7 FRENCH TOAST LINK SAUSAGE HASH BROWNS KEY LARGO VEGETABLES FRUIT SALAD
10 TUNA NOODLE CASSEROLE GREEN PEAS STEAMED CARROTS MANDARIN ORANGES DESSERT	11 SWEET-N-SOUR PORK FRIED BROWN RICE ORIENTAL VEGETABLES FOUR BEAN SALAD BAKED APPLES	12 SLOPPY JOES ON A BUN BAKED BEANS CREAMY COLESLAW CINNAMON APPLESAUCE	13 HAM & BEANS CORN BREAD PICKLED BEETS GARDEN SALAD JUICY PEARS	14 CHICKEN FRIED STEAK STEAMED POTATOES CARROTS & PEAS WHOLE GRAIN BREAD SWEET PEACHES
17 <u>CLOSED</u> 	18 <u>BIRTHDAY DINNER</u> MONTANA PASTIES GARDEN PEAS TOSSED SALAD CINNAMON APPLESAUCE BIRTHDAY CAKE	19 TURKEY ALA KING MASHED POTATOES STEAMED CARROTS GARDEN SALAD GOLDEN PEARS	20 PORK CHOPS STEAMED POTATOES GREEN BEANS SLICED BEETS APRICOTS	21 CHICKEN & RICE CASSEROLE CALIFORNIA VEGETABLES COLESLAW MIXED FRUIT
24 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GARDEN SALAD FRUIT MEDLEY	25 ROAST PORK MASHED POTATOES KEY LARGO VEGETABLES WHOLE GRAIN BREAD SPICED APPLES	26 BAKED COD WILD RICE PILAF GERMAN VEGETABLES DINNER SALAD SWEET PEACHES	27 SALISBURY STEAK STEAMED POTATOES CALIFORNIA BLEND CARROT RAISIN SALAD MANDARIN ORANGES	28 LIVER & ONIONS BAKED POTATO GOLDEN CORN CREAMY COLESLAW JUICY PEARS DESSERT
31 BEEF & VEGGIE STEW FRESH BAKED BISCUIT TOSSED SALAD ZESTY PINEAPPLE			LOWFAT MILK IS SERVED DAILY TO MEALS ON WHEELS CUSTOMERS	

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.

