

AUGUSTA SENIOR CENTER MENU DECEMBER 2018

For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SHEPHERD'S PIE CARROT COINS GREEN SALAD GOLDEN PEARS	4 <u>BINGO</u> CHICKEN & NOODLES GREEN BEANS TOSSED SALAD FRUIT COCKTAIL	5 BEEF ENCHILADA CORN MEDLEY DICED BEETS SALAD W/BEANS JELLO W/ORANGES	6 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE CAPRI VEGGIES TOSSED SALAD SWEET PEACHES	7 CHICKEN STRIPS TATER TOTS BROCCOLI & CAULIFLOWER PICKLED BEETS GARDEN SALAD
10 <u>SENIOR MEETING</u> BBQ RIBS BAKED POTATO BAKED BEANS GARDEN SALAD W/BEETS FRUIT CUP <u>HEARING CLINIC 11 AM</u>	11 <u>BINGO</u> VEGETABLE BEAN & BARLEY SOUP CHEESY BREADSTICK TOSSED SALAD COTTAGE CHEESE & PEACHES	12 CHICKEN & BISCUIT MIXED VEGGIES GREEN SALAD PINEAPPLE	13 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE BROCCOLI SPEARS GARDEN SALAD APPLESAUCE	14 <u>COMMISSIONER MEETING</u> <u>CHRISTMAS DINNER</u> ROASTED HAM BAKED POTATO CASSEROLE BRUSSELS SPROUTS GARDEN SALAD WHOLE GRAIN ROLL
17 SWEET & SOUR CHICKEN BROWN RICE STIR FRY VEGGIES TOSSED SALAD FRESH ORANGES	18 <u>BINGO</u> TUNA MELT TOMATO SOUP GARDEN SALAD PICKLED BEETS COOKIE	19 NANCY'S MEATLOAF MASHED POTATOES GREEN BEANS SALAD W/BEANS APPLE SLICES	20 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE CARROT COINS TOSSED SALAD GOLDEN PEARS	21 BISCUIT W/SAUSAGE GRAVY SCRAMBLED EGGS TOMATO SLICES ORANGE SLICES FRUIT JUICE
24 <u>CLOSED</u> 	25 <u>CLOSED</u> 	26 <u>CLOSED</u> 	27 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE GREEN BEANS TOSSED SALAD SWEET PEACHES	28 CHILI DOG TATER TOTS PICKLED BEETS GREEN SALAD FRUIT CUP
31 <u>CLOSED</u> 				

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 & Lemonade.