





# AUGUSTA SENIOR CENTER MENU JANUARY, 2020

For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 <b><u>CLOSED</u></b></p> 	<p>2</p> <p>CHEF'S CHOICE ENTRÉE BRUSSELS SPROUTS TOSSED SALAD WHOLE GRAIN ROLL APPLESAUCE</p>	<p>3</p> <p>CALICO BEANS CORN BREAD GARDEN COLESLAW TOMATO SLICES COTTAGE CHEESE &amp; PEACHES</p>
<p>6</p> <p>MAC-N-CHEESE W/TOMATOES &amp; BACON GREEN BEANS TOSSED SALAD APPLES SLICES</p>	<p>7</p> <p><b><u>BINGO 7PM</u></b> MINISTRONE W/BEANS FOCACCIA BREAD PICKLED BEETS COTTAGE CHEESE W/PEACHES</p>	<p>8</p> <p>CHICKEN FRIED STEAK MASHED POTATOES DINNER SALAD WHOLE GRAIN ROLL CRANBERRIES</p>	<p>9</p> <p>CHEF'S CHOICE ENTRÉE SWEET CORN VEGGIE SALAD BREADSTICK PINEAPPLE</p>	<p>10</p> <p><b><u>COUNTY COMMISSIONERS</u></b> HAM &amp; SWEET POTATOES TOMATO SALAD WHOLE GRAIN ROLL AMBROSIA SALAD</p>
<p>13</p> <p><b><u>SENIOR MEETING</u></b> SERBIAN EGGS &amp; HASH BROWNS FRUIT MUFFIN GREEN SALAD FRESH FRUIT, JUICE</p> <p><b><u>HEARING CLINIC</u></b></p>	<p>14</p> <p><b><u>BINGO 7PM</u></b> CHICKEN SOUP GARDEN PEAS PURPLE BEETS BREADSTICK MANDARIN ORANGES</p>	<p>15</p> <p>UNSTUFFED CABBAGE ROLLS W/BROWN RICE &amp; BEEF SALAD W/BEANS PLUMP PEACHES</p>	<p>16</p> <p>CHEF'S CHOICE ENTRÉE GREEN BEANS DINNER SALAD WHOLE GRAIN ROLL FRUIT SALAD</p>	<p>17</p> <p>FISH SANDWICH ON A BUN TATER TOTS TOMATO SALAD FRUIT CUP COOKIE</p>
<p>20</p> <p><b><u>CLOSED</u></b></p> 	<p>21</p> <p><b><u>BINGO 7PM</u></b> KALUA PORK MACARONI SALAD MALIBU VEGGIES GARDEN SALAD BAKED APPLES</p>	<p>22</p> <p><b><u>BIRTHDAY DINNER</u></b> MEATBALLS &amp; GRAVY RICE PILAF BUTTER BEETS BEAN MEDLEY GOLDEN PEARS CAKE &amp; ICE CREAM</p>	<p>23</p> <p>CHEF'S CHOICE ENTRÉE PEAS &amp; CARROTS DINNER SALAD HOT ROLL CRANBERRIES</p>	<p>24</p> <p>BBQ PORK SANDWICH POTATO SALAD COLESLAW PINEAPPLE RINGS</p>
<p>27</p> <p>SWEET-N-SOUR CHICKEN FRIED BROWN RICE BROCCOLI SPEARS STEAMED CARROTS MANDARIN ORANGES</p>	<p>28</p> <p><b><u>BINGO 7PM</u></b> HAM &amp; CORN CHOWDER CHEDDAR BISCUIT COLESLAW FRESH FRUIT VANILLA PUDDING</p> <p><b><u>SENIOR COMMODITIES</u></b></p>	<p>29</p> <p>SHEPARD'S PIE MIXED VEGETABLES GARDEN SALAD WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>30</p> <p>CHEF'S CHOICE ENTRÉE PURPLE BEETS SALAD W/BEANS WHOLE GRAIN BREAD PINEAPPLE</p>	<p>31</p> <p>HOT DOG ON A BUN BAKED BEANS TOSSED SALAD APPLESAUCE</p>

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.