

# AUGUSTA SENIOR CENTER MENU AUGUST 2020

**For Additional Information call 562-3623**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> HAM & SCALLOPED POTATOES GREEN BEANS CHEESY BREADSTICK MIXED FRUIT	<b>4</b> MEATBALL SOUP PURPLE BEETS TOSSED SALAD GARLIC ROLL AMBROSIA SALAD	<b>5</b> BAKED CHICKEN WILD RICE ROASTED CARROTS GARDEN SALAD CRANBERRIES	<b>6</b> CHEF'S CHOICE ENTRÉE MIXED VEGGIES BEAN MEDLEY WHOLE GRAIN BREAD FRESH FRUIT	<b>7</b> HOT TURKEY SANDWICH MASHED POTATOES TOMATO SALAD BAKED APPLES
<b>10</b> TUNA NOODLE CASSEROLE GARDEN PEAS TOSSED SALAD JUICY PEARS BANANA BREAD	<b>11</b> BEEF TACO SALAD MEXICAN BEANS TORTILLA CHIPS PINEAPPLE	<b>12</b> BAKED COD WILD RICE STEAMED SPINACH GARDEN SALAD APRICOT HALVES	<b>13</b> CHEF'S CHOICE ENTRÉE GREEN BEANS DICED BEETS WHOLE GRAIN ROLL SWEET PEACHES	<b>14</b> PULLED PORK SANDWICH POTATO SALAD COLESLAW FRUIT SALAD
<b>17</b> SWEET-N-SOUR PORK BROWN RICE STIR FRY VEGETABLES GARDEN SALAD BAKED APPLES	<b>18</b> CLAM CHOWDER CHEDDAR BISCUIT PURPLE BEETS VEGGIE SALAD FRESH FRUIT	<b>19</b> <u>BIRTHDAY DINNER</u> SALISBURY STEAK MASHED POTATOES SALAD w/BEANS HOT ROLL CRANBERRIES CARROT CAKE & ICE CREAM	<b>20</b> CHEF'S CHOICE ENTRÉE ROASTED CARROTS GREEN PEAS BREADSTICK APRICOT HALVES	<b>21</b> MALIBU CHICKEN SANDWICH BEAN MEDLEY TOMATO SALAD PINEAPPLE RINGS
<b>24</b> DENVER OMELET BAKE TOMATO SALAD BLUEBERRIES & YOGURT FRUIT MUFFIN JUICE	<b>25</b> BBQ RIBS CORN MUFFIN BAKED BEANS COLESLAW APPLESAUCE	<b>26</b> CHICKEN ALA KING WHOLE WHEAT TOAST MIXED VEGGIES GARDEN SALAD GOLDEN PEARS	<b>27</b> CHEF'S CHOICE ENTRÉE BROCCOLI SPEARS CARROT COINS WHOLE GRAIN BREAD SWEET PEACHES	<b>28</b> SLOPPY JOES TATER TOTS CORN SALAD FRUIT COCKTAIL
<b>31</b> SPAGHETTI w/MEAT SAUCE GARLIC BREAD GREEN BEANS SALAD w/GARBANZOS PINEAPPLE TIDBITS				

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.**