



TOWNSEND SENIOR CENTER MENU - MAY 2019

FOR RESERVATIONS CALL 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 BAKED HAM SCALLOPED POTATOES GREEN BEANS WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>2 MEXICAN TACOS LETTUCE & TOMATOES CHEESE & SOUR CREAM MEXI-CORN APPLE CRISP</p>	<p>3 LIVER-N-ONIONS BAKED POTATOES MIXED VEGETABLES WHOLE GRAIN BREAD MANDARIN ORANGES</p>
<p>6 CAROL'S MEATLOAF MASHED POTATOES SWEET CORN GARDEN SALAD MIXED FRUIT</p>	<p>7 BAKED CHICKEN STEAMED POTATOES MIXED VEGGIES FOUR BEAN SALAD BANANA PUDDING</p>	<p>8 SWEET-N-SOUR PORK FRIED RICE ORIENTAL VEGETABLES TOSSED SALAD GOLDEN PEARS</p>	<p>9 SLOPPY JOES BAKED BEANS CRISP COLESLAW MANDARIN ORANGES</p>	<p>10 CHICKEN FRIED STEAK MASHED POTATOES CALIFORNIA BLEND VEGGIES WHOLE GRAIN ROLL PINEAPPLE</p>
<p>13 FISH PATTIES MAC & CHEESE GARDEN PEAS COLESLAW APRICOTS</p>	<p>14 <u>BIRTHDAY DINNER</u> ROASTED PORK MASHED POTATOES GERMAN VEGETABLES BAKED APPLES ICE CREAM & CAKE</p>	<p>15 SALISBURY STEAK STEAMED POTATOES CARROT COINS FOUR BEAN SALAD APPLESAUCE</p>	<p>16 MAKE YOUR OWN CHEF SALAD HAM, TURKEY, EGGS CHEESE & TOMATOES CARROTS & CELERY WHOLE GRAIN ROLL PINEAPPLE</p>	<p>17 DELI SANDWICHES POTATO SALAD PICKLED BEETS PLUMP PEACHES</p>
<p>20 SPAGHETTI W/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GARDEN SALAD MANDARIN ORANGES</p>	<p>21 BAKED HAM SWEET POTATOES MIXED VEGETABLES CRISP COLESLAW SPICED APPLES</p>	<p>22 BAKED CHICKEN RICE PILAF PEAS & CARROTS GREEN BEANS MIXED FRUIT</p>	<p>23 CABBAGE ROLL STEAMED POTATOES CAPRI VEGETABLES FOUR BEAN SALAD GOLDEN PEARS OATMEAL COOKIES</p>	<p>24 FRENCH TOAST CRISP BACON SCRAMBLED EGGS KEY LARGO VEGETABLES FRESH FRUIT JUICE</p>
<p>27 CLOSED</p> 	<p>28 BBQ RIBS BAKED BEANS CALIFORNIA BLEND VEGGIES COLESLAW APPLESAUCE</p>	<p>29 POLISH SAUSAGE W/SAUERKRAUT STEAMED POTATOES FOUR BEAN SALAD WHOLE GRAIN BREAD PINEAPPLE</p>	<p>30 BAKED COD FRIED RICE ORIENTAL VEGETABLES GARDEN SALAD BLUEBERRY CRISP</p>	<p>31 BEEF STROGANOFF OVER PASTA GREEN PEAS STEAMED CARROTS APRICOT HALVES</p>

WE DEPEND ON YOUR MEAL PAYMENT FOR HALF OUR 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*.

MEALS ARE SERVED WITH LOW FAT MILK, COFFEE, TEA, WHOLE GRAIN BREAD AND MARGARINE.