





FOR RESERVATIONS
CALL 266-3995

TOWNSEND SENIOR CENTER MENU

JULY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SALISBURY STEAK STEAMED POTATOES SWEET CORN 4 BEAN SALAD MANDARIN ORANGES	3 BAKED CHICKEN KEY LARGO VEGGIES POTATO SALAD BLUSHING PEARS CHOCOLATE MOUSSE	4 <u>CLOSED</u> 	5 CABBAGE ROLLS MASHED POTATOES GERMAN VEGGIES FRESH FRUIT	6 LIVER & ONIONS BAKED POTATOES GREEN BEANS GARDEN SALAD MIXED FRUIT
9 BBQ RIB BITS BAKED BEANS CALIFORNIA VEGGIES WHOLE GRAIN ROLL APRICOT HALVES	10 BAKED CHICKEN STEAMED POTATOES MIXED VEGGIES SPICED APPLES	11 BUILD YOUR OWN CHEF SALAD ham, turkey, eggs, cheese lettuce, tomato, radish CARROT & CELERY STICKS APPLESAUCE	12 BAKED COD FRIED BROWN RICE ORIENTAL VEGETABLES PLUMP PEACHES CARROT CAKE	13 DELI SANDWICHES SPAGHETTI SALAD PICKLED BEETS 4 BEAN SALAD ZESTY PINEAPPLE
16 BEEF STROGANOFF GREEN BEANS GARDEN SALAD GOLDEN PEARS	17 <u>HAPPY BIRTHDAY</u> BAKED TURKEY MASHED POTATOES PEAS & CARROTS SPICED APPLES CAKE & ICE CREAM	18 POLISH SAUSAGE STEAMED POTATOES BAKED BEANS MANDARIN ORANGES	19 SPAGHETTI & MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GARDEN SALAD SWEET PEACHES	20 SCRAMBLED EGGS CRISPY BACON PANCAKES KEY LARGO VEGGIES FRESH FRUIT ASSORTED JUICES
23 BEEF TACOS lettuce, cheese, tomatoes refried beans, sour cream MEXICAN CORN MIXED FRUIT	24 FISH PATTIES MACARONI & CHEESE CALIFORNIA BLEND VEGGIES GARDEN SALAD PEACH CRISP	25 BAKED CHICKEN MASHED POTATOES GERMAN VEGGIES WHOLE GRAIN ROLL APRICOTS	26 CAROL'S MEATLOAF STEAMED POTATOES GOLDEN CORN JUICY PEARS BROWNIES	27 HAM SANDWICH POTATO SALAD PICKLED BEETS 4 BEAN SALAD APPLESAUCE
30 CHICKEN FRIED STEAK STEAMED POTATOES MIXED VEGGIES 4 BEAN SALAD PINEAPPLE	31 BAKED PORK CHOPS MASHED POTATOES PEAS & CARROTS BAKED APPLES SPICE CAKE			

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, Juice, Whole Grain Bread and Margarine.