

TOWNSEND SENIOR CENTER MENU

August 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BEEF TACOS CHEESE & SOUR CREAM LETTUCE & TOMATO MEXICAN CORN & BEANS ZESTY PINEAPPLE	4 TURKEY ALA KING MASHED POTATOES STEAMED CARROTS GARDEN SALAD GOLDEN PEARS	5 MONTANA PASTIES GARDEN PEAS TOSSED SALAD CINNAMON APPLESAUCE DESSERT BAR	6 BBQ PORK SANDWICH CREAMY COLESLAW BAKED BEANS MIXED FRUIT	7 FRENCH TOAST SCRAMBLED EGGS LINK SAUSAGE KEY LARGO VEGETABLES FRUIT SALAD JUICE
10 BAKED COD WILD RICE PILAF GERMAN VEGETABLES DINNER SALAD SWEET PEACHES	11 ROAST PORK MASHED POTATOES KEY LARGO VEGETABLES WHOLE GRAIN ROLL SPICED APPLES	12 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GARDEN SALAD FRUIT MEDLEY	13 PORK CHOPS STEAMED POTATOES CALIFORNIA BLEND CARROT RAISIN SALAD APPLESAUCE	14 DELI SANDWICH POTATO SALAD CREAMY COLESLAW JELLO w/FRUIT
17 SALISBURY STEAK MASHED POTATOES GREEN PEAS SLICED BEETS FRESH FRUIT	18 <u>BIRTHDAY DINNER</u> BAKED CHICKEN RICE PILAF CALIFORNIA VEGETABLES DINNER SALAD BLUSHING PEARS CAKE & ICE CREAM	19 SWEDISH MEATBALLS STEAMED POTATOES GREEN BEANS WHOLE GRAIN BREAD APRICOT HALVES	20 BBQ PORK BITS CORN BREAD BAKED BEANS CRISP COLESLAW APPLESAUCE	21 CHEF SALAD CARROT & CELERY STICKS WHOLE GRAIN BREAD MIXED FRUIT
24 BEEF STROGANOFF EGG NOODLES GERMAN VEGETABLES DINNER SALAD MIXED FRUIT	25 SWEET-N-SOUR PORK FRIED BROWN RICE ORIENTAL VEGETABLES FOUR BEAN SALAD BAKED APPLES CHOCOLATE MOUSSE	26 FISH PATTY ON A BUN GREEN PEAS STEAMED CARROTS FRESH FRUIT	27 CAROL'S MEATLOAF MASHED POTATOES w/GRAVY GARDEN SALAD WHOLE GRAIN BREAD PLUMP PEACHES	28 HAM SALAD SANDWICH PICKLED BEETS CARROT RAISIN SALAD FRUIT SALAD
31 SLOPPY JOES ON A BUN BAKED BEANS CREAMY COLESLAW CINNAMON APPLESAUCE				

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.