

TOWNSEND SENIOR CENTER MENU DECEMBER 2018

For Additional Information Call 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>HAM CASSEROLE MIXED VEGGIES 4 BEAN SALAD PINEAPPLE</p>	<p>4</p> <p>SPAGHETTI W/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GARDEN SALAD APRICOT HALVES OATMEAL COOKIES</p>	<p>5</p> <p>BBQ PORK BITS BAKED BEANS GREEN PEAS COLESLAW MIXED FRUIT</p>	<p>6</p> <p>CAROL'S MEATLOAF MASHED POTATOES GREEN BEANS GARDEN SALAD BUTTERSCOTCH BARS</p>	<p>7</p> <p>CHICKEN FRIED STEAK STEAMED POTATOES VEGETABLE SOUP CAPRI VEGGIES GOLDEN PEARS</p>
<p>10</p> <p>BEEF STROGANOFF OVER NOODLES SWEET CORN GARDEN SALAD APPLESAUCE</p>	<p>11</p> <p><u>HAPPY BIRTHDAY</u> BAKED PORK CHOPS STEAMED POTATOES GERMAN VEGGIE TOSSED SALAD W/BEANS CAKE & ICE CREAM</p>	<p>12</p> <p>BAKED COD RICE PILAF CARROT COINS ORIENTAL VEGETABLES SWEET PEACHES</p>	<p>13</p> <p>BAKED CHICKEN STEAMED POTATOES CALIFORNIA VEGGIES WHOLE GRAIN ROLL BAKED APPLES CHOCOLATE MOUSSE</p>	<p>14</p> <p>CHICKEN NOODLE SOUP TATERTOT CASSEROLE KEY LARGO VEGGIES APRICOTS</p>
<p>17</p> <p>MONTANA PASTIES GERMAN VEGGIES GARDEN SALAD JUICY PEARS</p>	<p>18</p> <p>TURKEY ALA KING MASHED POTATOES CAPRI VEGGIES WHOLE GRAIN ROLL PEACH CRISP</p>	<p>19</p> <p>BAKED ROAST PORK STEAMED POTATOES CALIFORNIA BLEND VEGGIE WHOLE GRAIN BREAD PINEAPPLE</p>	<p>20</p> <p>SLOPPY JOES BAKED BEANS PEAS & CARROTS COLESLAW SUGAR COOKIES</p>	<p>21</p> <p><u>MERRY CHRISTMAS</u> BAKED HAM SWEET POTATOES MIXED VEGGIES GARDEN SALAD ASSORTED PIES</p>
<p>24</p> <p><u>CLOSED</u></p> 	<p>25</p> <p><u>CLOSED</u></p> 	<p>26</p> <p>POLISH SAUSAGE ON A BUN W/SAUERKRAUT STEAMED POTATOES 4 BEAN SALAD APPLESAUCE</p>	<p>27</p> <p>SWEDISH MEATBALLS MASHED POTATOES GOLDEN CORN GARDEN SALAD SPICED APPLES</p>	<p>28</p> <p>FRENCH TOAST SCRAMBLED EGGS SAUSAGE LINKS KEY LARGO VEGETABLES MIXED FRUIT FRUIT JUICE</p>
<p>31</p> <p><u>CLOSED</u></p> 				

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.