

FOR RESERVATIONS
CALL 266-3995

TOWNSEND SENIOR CENTER MENU

NOVEMBER 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BAKED HAM SWEET POTATOES CAPRI VEGGIES GARDEN SALAD BLUEBERRY CRISP	2 LIVER & ONIONS TOMATO SOUP BAKED POTATOES STEAMED CARROTS MIXED FRUIT
5 BEEF STROGANOFF OVER NOODLES GERMAN VEGGIES GARDEN SALAD APPLESAUCE	6 CHICKEN ALA KING MASHED POTATOES CALIFORNIA VEGGIES 4 BEAN SALAD BANANA PUDDING	7 PORK ROAST STEAMED POTATOES GREEN BEANS WHOLE GRAIN ROLL JUICY PEARS	8 TUNA CASSEROLE GARDEN PEAS COLESLAW SWEET PEACHES	9 CHILI CON CARNE CHEESE SLICES GOLDEN CORN GARDEN SALAD PINEAPPLE CINNAMON ROLLS
12 <u>CLOSED VETERAN'S DAY</u> 	13 <u>HAPPY BIRTHDAY</u> BAKED PORK CHOPS STEAMED POTATOES PEAS & CARROTS MANDARIN ORANGES CAKE & ICE CREAM	14 BAKED COD FRIED RICE ORIENTAL VEGGIES 4 BEAN SALAD APRICOTS	15 SPAGHETTI W/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GARDEN SALAD SPICED APPLES	16 SCRAMBLED EGGS CRISPY BACON PANCAKES KEY LARGO VEGGIES JUICY PEACHES FRUIT JUICE
19 CAROL'S MEATLOAF STEAMED POTATOES SWEET CORN 4 BEAN SALAD MIXED FRUIT	20 <u>HAPPY THANKSGIVING DINNER</u> BAKED TURKEY BREAD STUFFING MASHED POTATOES MIXED VEGETABLES CRANBERRIES HOLIDAY PIE	21 MONTANA PASTY PEAS & CARROTS CRISP COLESLAW APPLESAUCE	22 <u>CLOSED</u> 	23 <u>CLOSED</u> 
26 FISH PATTIES MAC & CHEESE GREEN BEANS 4 BEAN SALAD PLUMP PEACHES	27 SALISBURY STEAK STEAMED POTATOES CARROT COINS GOLDEN PEARS BROWNIES	28 BAKED CHICKEN MASHED POTATOES GREEN PEAS GARDEN SALAD MANDARIN ORANGES	29 SWEDISH MEATBALLS STEAMED POTATOES CALIFORNIA VEGGIES 4 BEAN SALAD APPLE CRISP	30 ROASTED HAM NAVY BEANS CORNBREAD CARROT RAISIN SALAD APRICOT HALVES

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 Milk, Coffee, Tea, Whole Grain Bread and Margarine.