

AUGUSTA SENIOR NUTRITION MENU – APRIL 2021

FOR RESERVATIONS CALL 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 <p>LOW-FAT MILK IS SERVED DAILY</p>	<p>1 CHEF'S CHOICE ENTRÉE PICKLED BEETS DINNER SALAD GARLIC ROLL CRANBERRIES</p>	<p>2 COLD CUT HOAGIE CARROT RAISIN SALAD BEAN MEDLEY PEARS w/COTTAGE CHEESE</p>
<p>5 FRENCH TOAST CASSEROLE SAUSAGE PATTY HASH BROWNS CARROT RAISIN SALAD MANDARIN ORANGES</p>	<p>6 SPLIT PEA SOUP CRACKERS & CHEESE GARDEN SALAD WHOLE GRAIN ROLL PLUMP PEACHES</p>	<p>7 HEARTY MEATLOAF POTATO CASSEROLE BRUSSELS SPROUTS HOT WHEAT ROLL APRICOT HALVES</p>	<p>8 CHEF'S CHOICE ENTRÉE GOLDEN CORN BEAN SALAD WHOLE GRAIN ROLL FRESH FRUIT</p>	<p>9 CHILI DOG TATER TOTS GARDEN COLESLAW FRUIT SALAD CUPCAKES</p>
<p>12 HAM & SCALLOPED POTATOES GREEN BEANS SPINACH SALAD CHEESY BREADSTICK DESSERT</p>	<p>13 MEATBALL SOUP DICED BEETS TOSSED SALAD GARLIC ROLL PINEAPPLE TIDBITS</p>	<p>14 BAKED CHICKEN WILD RICE ROASTED CARROTS SALAD w/BEANS CRANBERRIES</p>	<p>15 CHEF'S CHOICE ENTRÉE MIXED VEGGIES DINNER SALAD WHOLE GRAIN BREAD FRESH FRUIT</p>	<p>16 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI & CAULIFLOWER BAKED APPLES</p>
<p>19 TUNA NOODLE CASSEROLE GARDEN PEAS TOSSED SALAD JUICY PEARS</p>	<p>20 BEEF TACO SALAD w/BLACK BEANS TORTILLA CHIPS FRUIT CUP</p>	<p>21 <u>BIRTHDAY DINNER</u> BAKED COD WILD RICE STEAMED SPINACH GARDEN SALAD APRICOT HALVES BIRTHDAY CAKE</p>	<p>22 CHEF'S CHOICE ENTRÉE GREEN BEANS DINNER SALAD WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>23 PULLED PORK SANDWICH POTATO SALAD COLESLAW FRUIT SALAD</p>
<p>26 SWEET-N-SOUR PORK BROWN RICE STIR FRY VEGETABLES COLESLAW MANDARIN ORANGES</p>	<p>27 CLAM CHOWDER CHEDDAR BISCUIT PURPLE BEETS VEGGIE SALAD FRESH FRUIT</p>	<p>28 SALISBURY STEAK MASHED POTATOES SALAD w/BEANS HOT ROLL APRICOT HALVES BANANA BREAD</p>	<p>29 CHEF'S CHOICE ENTRÉE ROASTED CARROTS DINNER SALAD BREADSTICK CRANBERRIES</p>	<p>30 MALIBU CHICKEN SANDWICH BEAN MEDLEY CARROT RAISIN SALAD PINEAPPLE RINGS</p>

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.