




AUGUSTA SENIOR NUTRITION MENU - DECEMBER 2020

For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Low-fat milk is served daily</p> 	<p>1 TOMATO BISQUE GRILLED CHEESE SANDWICH BROCCOLI SLAW BEAN MEDLEY JUICY PEARS</p>	<p>2 MEAT & CHEESE PIZZA PEAS & CARROTS VEGGIE SALAD ORANGE SLICES JELLO SQUARES</p>	<p>3 CHEF'S CHOICE ENTRÉE BRUSSELS SPROUTS TOSSED SALAD WHOLE GRAIN ROLL APPLESAUCE</p>	<p>4 BAKED POTATO w/CHILI CORN BREAD PURPLE BEETS COTTAGE CHEESE & PEACHES</p>
<p>7 MAC-N-CHEESE w/TOMATOES & BACON GREEN BEANS TOSSED SALAD GOLDEN PEARS</p>	<p>8 MINISTRONE w/BEANS FOCACCIA BREAD PICKLED BEETS COTTAGE CHEESE w/PEACHES</p>	<p>9 CHICKEN FRIED STEAK MASHED POTATOES DINNER SALAD WHOLE GRAIN ROLL CRANBERRIES</p>	<p>10 CHEF'S CHOICE ENTRÉE SWEET CORN VEGGIE SALAD BREADSTICK PINEAPPLE</p>	<p>11 <u>CHRISTMAS DINNER</u> BAKED HAM SCALLOPED POTATOES GREEN BEANS DINNER ROLL SPICED APPLES SUGAR COOKIES</p>
<p>14 HAM & EGGS GREEN SALAD FRESH FRUIT FRUIT MUFFIN JUICE</p>	<p>15 CHICKEN SOUP GARDEN PEAS PURPLE BEETS BREADSTICK MANDARIN ORANGES</p>	<p>16 <u>BIRTHDAY DINNER</u> UNSTUFFED CABBAGE ROLLS w/BROWN RICE & BEEF SALAD w/BEANS PLUMP PEACHES BIRTHDAY CAKE</p>	<p>17 CHEF'S CHOICE ENTRÉE GREEN BEANS STEAMED CARROTS WHOLE GRAIN ROLL FRUIT SALAD</p>	<p>18 BBQ PORK SANDWICH POTATO SALAD COLESLAW PINEAPPLE RINGS</p>
<p>21 MEAT LASAGNA GARLIC BREAD GREEN BEANS TOSSED SALAD APRICOT HALVES</p>	<p>22 KALUA PORK MACARONI SALAD MALIBU VEGGIES BEAN MEDLEY BAKED APPLES</p>	<p>23 MEATBALLS & GRAVY RICE PILAF BUTTER BEETS GARDEN SALAD GOLDEN PEARS VANILLA PUDDING</p>	<p>24 <u>CLOSED</u></p> 	<p>25 <u>CLOSED</u></p> <p><i>Merry Christmas</i></p> 
<p>28 ORANGE CHICKEN FRIED BROWN RICE BROCCOLI SPEARS STEAMED CARROTS MANDARIN ORANGES</p>	<p>29 HAM & CORN CHOWDER CHEDDAR BISCUIT COLESLAW FRESH FRUIT COOKIE</p>	<p>30 SHEPARD'S PIE MIXED VEGETABLES GARDEN SALAD WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>31 <u>CLOSED</u></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.