





AUGUSTA SENIOR NUTRITION MENU - JULY 2021

For Reservations call: 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Low-fat milk is served daily	1 CHILI DOG TATER TOTS GARDEN COLESLAW FRUIT SALAD CUPCAKES	2 <u>CLOSED</u> Juneteenth observed 
5 <u>CLOSED – 4TH OF JULY OBSERVED</u>  <i>Happy 4th of July</i>	6 <u>CLOSED</u>	7 BAKED CHICKEN WILD RICE ROASTED CARROTS SALAD w/BEANS CRANBERRIES DESSERT	8 HAM & BEAN SOUP DICED BEETS TOSSED SALAD GARLIC ROLL PINEAPPLE TIDBITS	9 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI & CAULIFLOWER BAKED APPLES
12 TUNA NOODLE CASSEROLE GARDEN PEAS TOSSED SALAD JUICY PEARS BANANA BREAD	13 <u>CLOSED</u>	14 BAKED COD WILD RICE STEAMED SPINACH GARDEN SALAD APRICOT HALVES	15 BEEF ENCHILADAS REFRIED BEANS VEGGIE SALAD MIXED FRUIT	16 PULLED PORK SANDWICH POTATO SALAD COLESLAW FRUIT SALAD
19 CLAM CHOWDER CHEDDAR BISCUIT PURPLE BEETS VEGGIE SALAD FRESH FRUIT	20 <u>CLOSED</u>	21 <u>BIRTHDAY DINNER</u> SALISBURY STEAK MASHED POTATOES SALAD w/BEANS HOT ROLL APRICOT HALVES BIRTHDAY CAKE	22 SLOPPY JOES TATER TOTS COLESLAW FRUIT COCKTAIL	23 HAM & CHEESE SANDWICH BEAN MEDLEY CARROT RAISIN SALAD PINEAPPLE RINGS
26 DENVER OMELET BAKE HASH BROWNS VEGETABLE MEDLEY BLUEBERRIES & YOGURT FRUIT MUFFIN	27 <u>CLOSED</u>	28 CHICKEN ALA KING WHOLE WHEAT TOAST MIXED VEGGIES GARDEN SALAD GOLDEN PEARS	29 BBQ RIBS CORN MUFFIN BAKED BEANS COLESLAW APPLESAUCE	30 SWEET-N-SOUR PORK BROWN RICE STIR FRY VEGETABLES PURPLE BEETS MANDARIN ORANGES

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.