





# TOWNSEND SENIOR CENTER MENU MARCH, 2019

For Additional Information Call 266-3995

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
|                  |                                   |                           |                                     |   |
| 4<br>SPAGHETTI W/MEAT SAUCE<br>GARLIC BREAD<br>BROCCOLI SPEARS<br>GARDEN SALAD<br>BLUSHING PEARS | 5<br>BBQ PORK RIBS<br>BAKED BEANS<br>CALIFORNIA BLEND VEGGIES<br>COLESLAW<br>APPLE CRISP                           | 6<br>TURKEY & RICE CASSEROLE<br>GERMAN VEGGIES<br>GARDEN SALAD<br>PINEAPPLE                                 | 7<br>CAROL'S MEATLOAF<br>MASHED POTATOES<br>SWEET CORN<br>CARROT RAISIN SALAD<br>APRICOT HALVES                        | 1<br>LIVER-N-ONIONS<br>BAKED POTATOES<br>CHICKEN & RICE SOUP<br>GREEN PEAS<br>MIXED FRUIT                             |
| 11<br>BEEF STEW<br>(POTATOES & VEGETABLES)<br>FRESH BAKED BISCUIT<br>GARDEN SALAD<br>APRICOTS    | 12<br>BAKED CHICKEN<br>STEAMED POTATOES<br>GREEN BEANS<br>4 BEAN SALAD<br>SPICED APPLES<br>BROWNIES                | 13<br>SWEDISH MEATBALLS<br>MASHED POTATOES<br>CALIFORNIA BLEND VEGGIES<br>WHOLE GRAIN ROLL<br>JUICY PEACHES | 14<br>SWEET & SOUR PORK<br>FRIED BROWN RICE<br>ORIENTAL VEGGIES<br>TOSSED SALAD<br>PINEAPPLE                           | 8<br>TUNA NOODLE CASSEROLE<br>POTATO SOUP<br>PEAS & CARROTS<br>4 BEAN SALAD<br>APPLESAUCE                             |
| 18<br>SALISBURY STEAK<br>STEAMED POTATOES<br>SWEET CORN<br>GARDEN SALAD<br>MIXED FRUIT           | 19<br><u>HAPPY BIRTHDAY</u><br>ROAST PORK<br>MASHED POTATOES<br>PEAS & CARROTS<br>TOSSED SALAD<br>CAKE & ICE CREAM | 20<br>CHICKEN ALA KING<br>STEAMED POTATOES<br>CAPRI VEGGIES<br>COLESLAW<br>JUICY PEARS                      | 21<br>BAKED COD<br>FRIED BROWN RICE<br>ORIENTAL VEGGIES<br>4 BEAN SALAD<br>BAKED APPLES                                | 15<br><u>ST. PATRICK'S DAY DINNER</u><br>CORNED BEEF & CABBAGE<br>STEAMED POTATOES<br>WHOLE GRAIN ROLL<br>GREEN PEARS |
| 25<br>PORK CHOPS<br>MASHED POTATOES<br>GREEN BEANS<br>WHOLE GRAIN ROLL<br>APPLESAUCE             | 26<br>FISH PATTY<br>MACARONI & CHEESE<br>STEAMED CARROTS<br>4 BEAN SALAD<br>MANDARIN ORANGES                       | 27<br>BEEF STROGANOFF<br>OVER EGG NOODLES<br>GREEN PEAS<br>GARDEN SALAD<br>APRICOTS                         | 28<br>BAKED CHICKEN<br>WILD RICE PILAF<br>GERMAN VEGGIES<br>SALAD W/GARBANZO BEANS<br>GOLDEN PEARS<br>CHOCOLATE MOUSSE | 22<br>FRENCH TOAST<br>SCRAMBLED EGGS<br>CRISPY BACON<br>KEY LARGO VEGGIES<br>PINEAPPLE<br>ASSORTED JUICE              |
|  |  |   |  | 29<br>CHICKEN FRIED STEAK<br>MASHED POTATOES<br>VEGETABLE SOUP<br>MIXED VEGGIES<br>SWEET PEACHES                      |

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.