






FOR RESERVATIONS

TOWNSEND SENIOR CENTER MENU

CALL 266-3995

September, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 CLOSED</p>  <p>Labor Day</p>	<p>3</p> <p>TURKEY ALA KING MASHED POTATOES STEAMED CARROTS GARDEN SALAD GOLDEN PEARS</p>	<p>4</p> <p>MONTANA PASTIES GARDEN PEAS TOSSED SALAD CINNAMON APPLESAUCE DESSERT BAR</p>	<p>5</p> <p>BBQ PORK BITS CORN BREAD BAKED BEANS CRISP COLESLAW MIXED FRUIT</p>	<p>6</p> <p>POLISH SAUSAGE ON A BUN SAUERKRAUT MIXED VEGETABLES FOUR BEAN SALAD PINEAPPLE</p>
<p>9</p> <p>BAKED COD WILD RICE PILAF GERMAN VEGETABLES DINNER SALAD SWEET PEACHES</p>	<p>10</p> <p>ROAST PORK SWEET POTATOES KEY LARGO VEGETABLES WHOLE GRAIN ROLL SPICED APPLES</p>	<p>11</p> <p>SPAGHETTI w/MEAT SAUCE GARLIC BREAD FOUR BEAN MEDLEY GARDEN SALAD FRUIT MEDLEY</p>	<p>12</p> <p>PORK CHOPS STEAMED POTATOES CALIFORNIA BLEND CARROT RAISIN SALAD MANDARIN ORANGES</p>	<p>13</p> <p>DELI SANDWICH POTATO SALAD CREAMY COLESLAW JELLO w/FRUIT</p>
<p>16</p> <p>BEEF TACOS CHEESE & SOUR CREAM LETTUCE & TOMATO MEXICAN CORN & BEANS ZESTY PINEAPPLE</p>	<p>17 <u>BIRTHDAY DINNER</u></p> <p>BAKED CHICKEN RICE PILAF CALIFORNIA VEGETABLES DINNER SALAD BLUSHING PEARS CAKE & ICE CREAM</p>	<p>18</p> <p>SWEDISH MEATBALLS STEAMED POTATOES GREEN BEANS WHOLE GRAIN BREAD APRICOT HALVES</p>	<p>19</p> <p>BBQ PORK SANDWICH CREAMY COLESLAW BAKED BEANS APPLESAUCE</p>	<p>20</p> <p>MAKE YOUR OWN CHEF SALAD CARROT & CELERY STICKS WHOLE GRAIN BREAD FRESH FRUIT</p>
<p>23</p> <p>BEEF STROGANOFF EGG NOODLES GERMAN VEGETABLES DINNER SALAD MIXED FRUIT</p>	<p>24</p> <p>SWEET-N-SOUR PORK FRIED BROWN RICE ORIENTAL VEGETABLES FOUR BEAN SALAD BAKED APPLES CHOCOLATE MOUSSE</p>	<p>25</p> <p>CAROL'S MEATLOAF MASHED POTATOES w/GRAVY GARDEN SALAD WHOLE GRAIN BREAD PLUMP PEACHES</p>	<p>26</p> <p>FISH PATTY ON A BUN GREEN PEAS CARROT RAISIN SALAD MANDARIN ORANGES</p>	<p>27</p> <p>SCRAMBLED EGGS CRISP BACON PANCAKES KEY LARGO VEGETABLES FRUIT SALAD JUICE</p>
<p>30</p> <p>SLOPPY JOES ON A BUN BAKED BEANS CREAMY COLESLAW CINNAMON APPLESAUCE</p>				

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, Juice, Whole Grain Bread and Margarine.