

**FOR RESERVATIONS**  
CALL 266-3995

# TOWNSEND SENIOR CENTER MENU

## OCTOBER, 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SALISBURY STEAK MASHED POTATOES CAPRI VEGGIES 4 BEAN SALAD BLUSHING PEARS	2 TUNA CASSEROLE GARDEN PEAS TOSSED SALAD PEACH CRISP	3 TURKEY A LA KING MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD APRICOT HALVES	4 BEEF STROGANOFF OVER NOODLES CALIFORNIA BLEND VEGGIES GARDEN SALAD ZESTY PINEAPPLE PEANUT BUTTER COOKIES	5 BBQ PORK RIBS BAKED BEANS MACARONI SALAD COLESLAW APPLESAUCE
8 BAKED HAM SCALLOPED POTATOES GREEN BEANS CRISP COLESLAW MIXED FRUIT	9 BAKED CHICKEN MASHED POTATOES VEGETABLE MEDLEY 4 BEAN SALAD SPICED APPLES	10 FISH PATTIES MACARONI & CHEESE KEY LARGO VEGGIES GARDEN SALAD SWEET PEACHES	11 SWEET & SOUR PORK FRIED RICE ORIENTAL VEGGIES TOSSED SALAD JUICY PEARS SUGAR COOKIES	12 CHICKEN FRIED STEAK STEAMED POTATOES MIXED VEGGIES 4 BEAN SALAD PINEAPPLE
15 CAROL'S MEATLOAF MASHED POTATOES GOLDEN CORN GARDEN SALAD APRICOTS	16 <u>HAPPY BIRTHDAY</u> PORK ROAST STEAMED POTATOES CALIFORNIA VEGGIES APPLESAUCE CAKE & ICE CREAM	17 CHICKEN & RICE CASSEROLE PEAS & CARROTS 4 BEAN SALAD GOLDEN PEARS	18 SPAGHETTI W/MEAT SAUCE BROCCOLI SPEARS GARDEN SALAD GARLIC BREAD APPLE CRISP	19 DELI SANDWICH POTATO SALAD PICKLED BEETS MIXED FRUIT
22 BAKED PORK CHOPS STEAMED POTATOES GERMAN VEGGIES PLUMP PEACHES	23 SWEDISH MEATBALLS MASHED POTATOES CAPRI VEGGIES 4 BEAN SALAD BUTTERSCOTCH BARS	24 BAKED COD RICE PILAF ORIENTAL VEGGIES GARDEN SALAD APPLESAUCE	25 MONTANA PASTIES PEAS & CARROTS CRISPY COLESLAW BROWNIES	26 SAUSAGE LINKS SCRAMBLED EGGS FRENCH TOAST KEY LARGO VEGGIES PINEAPPLE JUICE
29 SLOPPY JOES GREEN PEAS COLESLAW GOLDEN PEARS	30 BBQ PORK SANDWICH BAKED BEANS PICKLED BEETS SPICED APPLES OATMEAL COOKIE	31 SCARY BIRD SPOOKY SPUDS GOBLIN FINGERS WHOLE GRAIN ROLL APRICOTS	Chicken Potatoes Green Beans 	

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 \$4.00 and under 60 years \$7.00.

**Congregate meals are served with Milk, Coffee, Juice, Whole Grain Bread and Margarine.**