





AUGUSTA SENIOR CENTER MENU MARCH, 2019

For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 DENVER OMELET HASH BROWNS SPINACH SALAD BLUEBERRIES & YOGURT CUP ASSORTED JUICES	5 ENCHILADA CASSEROLE REFRIED BEANS GOLDEN CORN GREEN SALAD ORANGE SLICES <u>BINGO</u>	6 FETTUCCINE ALFREDO w/CHICKEN & BROCCOLI TOSSED SALAD GARLIC ROLL BANANA PUDDING	7 CHEF'S CHOICE ENTRÉE MIXED VEGGIES GARDEN SALAD APPLE SLICES <u>WII BOWLING</u>	1 SLOPPY JOE TATER TOTS GREEN SALAD TOMATO SLICES APPLESAUCE
11 <u>SENIOR MEETING</u> SPAGHETTI w/MEAT SAUCE GARLIC BREAD GREEN BEANS TOSSED SALAD FRUIT CUP HEARING CLINIC – 11 AM	12 GRILLED CHEESE TOMATO SOUP SALAD w/BEANS FRUIT SALAD <u>BINGO</u>	13 PORK ROAST BAKED POTATO BROCCOLI/CAULIFLOWER GARDEN SALAD SPICED APPLES	14 <u>VALENTINE'S DAY</u> CHEF'S CHOICE ENTRÉE GREEN SALAD BEAN MEDLEY SWEET PEACHES <u>WII BOWLING</u>	8 <u>COMMISSIONER'S MEETING</u> TERIYAKI CHICKEN FRIED RICE PICKLED BEETS VEGGIE SALAD PINEAPPLE RINGS
18 HAMBURGER & GREEN BEAN CASSEROLE GREEN PEAS GARDEN SALAD ORANGE SLICES	19 CREAM OF BROCCOLI SOUP HAM & CHEDDAR BISCUIT PICKLED BEETS SALAD w/BEANS <u>BINGO</u>	20 <u>BIRTHDAY DINNER</u> CHICKEN w/LEMON BUTTER WILD RICE PICKLED BEETS SPINACH & GREEN SALAD SPICED APPLES VANILLA CAKE FIRST DAY OF SPRING	21 CHEF'S CHOICE ENTRÉE GREEN BEANS TOSSED SALAD GOLDEN PEARS <u>WII BOWLING</u>	15 <u>ST PATRICK'S DAY DINNER</u> CORNED BEEF & CABBAGE CARROTS & POTATOES TOSSED SALAD WHEAT ROLL COCONUT CAKE
25 PIZZA BUFFET SALAD BAR COTTAGE CHEESE PINEAPPLE	26 CHICKEN & NOODLES STEAMED CARROTS GARDEN SALAD LIME JELLO w/PEARS <u>BINGO</u>	27 CHICKEN FRIED STEAK MASHED POTATO SWEET CORN TOSSED SALAD PLUMP PEACHES	28 CHEF'S CHOICE ENTRÉE MIXED VEGGIES GREEN SALAD APPLE SLICES <u>WII BOWLING</u>	22 FISH SANDWICH COLESLAW TOMATO SLICES ORANGES IN JELLO WORLD WATER DAY
				29 HOT HAM & CHEESE SANDWICH PICKLED BEETS TOMATO SLICES 3 BEAN SALAD

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 & LEMONADE.