






AUGUSTA SENIOR CENTER MENU - SEPTEMBER, 2019

For Additional Information Call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED 	3 MEATBALL SOUP DICED BEETS TOSSED SALAD GARLIC ROLL PINEAPPLE TIDBITS <i>BINGO 7PM</i>	4 BAKED CHICKEN WILD RICE ROASTED CARROTS SALAD w/BEANS CRANBERRIES	5 CHEF'S CHOICE ENTRÉE MIXED VEGGIES DINNER SALAD WHOLE GRAIN BREAD FRESH FRUIT	6 PULLED PORK SANDWICH POTATO SALAD COLESLAW FRESH FRUIT
9 TUNA NOODLE CASSEROLE GARDEN PEAS TOSSED SALAD JUICY PEARS BANANA BREAD	10 <u>BEEF TACO SALAD</u> w/BLACK BEANS TORTILLA CHIPS FRUIT CUP <i>BINGO 7PM</i>	11 SALISBURY STEAK MASHED POTATOES SALAD w/BEANS HOT ROLL APRICOT HALVES	12 CHEF'S CHOICE ENTRÉE GREEN BEANS DINNER SALAD WHOLE GRAIN ROLL SWEET PEACHES	13 <u>COUNTY COMMISSIONERS</u> HOT TURKEY SANDWICH MASHED POTATOES TOMATO SALAD APPLE SLICES
16 SWEET-N-SOUR PORK BROWN RICE STIR FRY VEGETABLES GARDEN SALAD MANDARIN ORANGES <i>HEARING CLINIC</i>	17 CLAM CHOWDER CHEDDAR BISCUIT PURPLE BEETS VEGGIE SALAD FRESH FRUIT <i>BINGO 7PM</i>	18 <u>BIRTHDAY DINNER</u> BAKED COD WILD RICE STEAMED SPINACH GARDEN SALAD APRICOT HALVES CARROT CAKE & ICE CREAM	19 CHEF'S CHOICE ENTRÉE ROASTED CARROTS DINNER SALAD BREADSTICK CRANBERRIES	20 MALIBU CHICKEN SANDWICH BEAN MEDLEY TOMATO SALAD PINEAPPLE RINGS
23 DENVER OMELET BAKE HAM SLICE TOMATO SALAD BLUEBERRIES & YOGURT FRUIT MUFFIN JUICE	24 BBQ RIBS CORN MUFFIN BAKED BEANS COLESLAW APPLESAUCE <i>BINGO 7PM</i>	25 CHICKEN ALA KING WILD RICE PILAF MIXED VEGGIES GARDEN SALAD GOLDEN PEARS	26 CHEF'S CHOICE ENTRÉE BROCCOLI SPEARS TOSSED SALAD BREADSTICK SWEET PEACHES	27 SLOPPY JOES TATER TOTS CORN SALAD FRUIT COCKTAIL
30 SPAGHETTI w/MEAT SAUCE GARLIC BREAD GREEN BEANS SALAD w/GARBANZOS PINEAPPLE TIDBITS				

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.