



AUGUSTA SENIOR NUTRITION MENU - JANUARY, 2022



For Reservations call - 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLAM CHOWDER CHEDDAR BISCUIT PURPLE BEETS VEGGIE SALAD FRESH FRUIT	4 SWEET-N-SOUR PORK BROWN RICE STIR FRY VEGETABLES COLESLAW MANDARIN ORANGES	5 SALISBURY STEAK MASHED POTATOES SALAD w/BEANS HOT ROLL APRICOT HALVES DESSERT	6 CHEF'S CHOICE ENTRÉE ROASTED CARROTS DINNER SALAD BREADSTICK CRANBERRIES	7 MALIBU CHICKEN SANDWICH BEAN MEDLEY CARROT RAISIN SALAD PINEAPPLE RINGS
10 DENVER OMELET BAKE HASH BROWNS VEGETABLE MEDLEY BLUEBERRIES & YOGURT FRUIT MUFFIN JUICE	11 BBQ RIBS CORN MUFFIN BAKED BEANS COLESLAW APPLESAUCE	12 CHICKEN ALA KING WHOLE WHEAT TOAST MIXED VEGGIES GARDEN SALAD GOLDEN PEARS	13 CHEF'S CHOICE ENTRÉE BROCCOLI SPEARS TOSSED SALAD WHOLE GRAIN BREAD SWEET PEACHES	14 SLOPPY JOES TATER TOTS PURPLE BEETS FRUIT COCKTAIL
17 CLOSED 	18 TURKEY & RICE SOUP MIXED VEGGIES CARROT RAISIN SALAD FRESH FRUIT	19 <u>BIRTHDAY DINNER</u> BAKED HAM SWEET YAMS DINNER SALAD HOT WHEAT ROLL CINNAMON APPLES BIRTHDAY CAKE	20 CHEF'S CHOICE ENTRÉE STEAMED CARROTS CAULIFLOWER & BROCCOLI BREADSTICK MANDARIN ORANGES	21 MEATBALL SANDWICH DICED BEETS POTATO SALAD FRUIT CUP
24 TOMATO BISQUE GRILLED CHEESE SANDWICH BROCCOLI SLAW BEAN MEDLEY JUICY PEARS	25 TERIYAKI CHICKEN BROWN RICE STIR FRY VEGETABLES GARDEN SALAD MANDARIN ORANGES	26 MEAT & CHEESE PIZZA PEAS & CARROTS VEGGIE SALAD ORANGE SLICES JELLO SQUARES	27 CHEF'S CHOICE ENTRÉE BRUSSELS SPROUTS TOSSED SALAD WHOLE GRAIN ROLL APPLESAUCE	28 CALICO BEANS CORN BREAD PURPLE BEETS GARDEN COLESLAW COTTAGE CHEESE & PEACHES
31 MAC-N-CHEESE w/TOMATOES & BACON GREEN BEANS TOSSED SALAD APPLE SLICES				Low-fat milk is delivered daily and served daily at the Dinner Club 

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS

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 \$5.00. Required charge for under 60 years \$7.00.

