

TOWNSEND SENIOR CENTER MENU JANUARY, 2020

For Additional Information Call 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p style="text-align: center;">1 <u>CLOSED</u></p> 	<p style="text-align: center;">2</p> <p>PORK CHOPS STEAMED POTATOES CALIFORNIA BLEND CARROT RAISIN SALAD MANDARIN ORANGES</p>	<p style="text-align: center;">3</p> <p>CHILI CON CARNE GOLDEN CORN CREAMY COLESLAW JUICY PEARS CINNAMON ROLL</p>
<p style="text-align: center;">6</p> <p>BEEF & VEGGIE STEW FRESH BAKED BISCUIT TOSSED SALAD ZESTY PINEAPPLE</p>	<p style="text-align: center;">7</p> <p>BAKED CHICKEN RICE PILAF CALIFORNIA VEGETABLES DINNER SALAD FRUIT CRISP</p>	<p style="text-align: center;">8</p> <p>SWEDISH MEATBALLS STEAMED POTATOES GREEN BEANS WHOLE GRAIN BREAD APRICOT HALVES</p>	<p style="text-align: center;">9</p> <p>BBQ PORK BITS CORN BREAD BAKED BEANS CRISP COLESLAW APPLESAUCE</p>	<p style="text-align: center;">10</p> <p>CHICKEN NOODLE SOUP DELI SANDWICH MIXED VEGGIES GARDEN SALAD W/BEANS FRESH FRUIT</p>
<p style="text-align: center;">13</p> <p>BEEF STROGANOFF EGG NOODLES GERMAN VEGETABLES DINNER SALAD MIXED FRUIT</p>	<p style="text-align: center;">14</p> <p>SWEET-N-SOUR PORK FRIED BROWN RICE ORIENTAL VEGETABLES FOUR BEAN SALAD BAKED APPLES CHOCOLATE MOUSSE</p>	<p style="text-align: center;">15</p> <p>CAROL'S MEATLOAF MASHED POTATOES W/GRAVY GARDEN SALAD WHOLE GRAIN BREAD PLUMP PEACHES</p>	<p style="text-align: center;">16</p> <p>TUNA NOODLE CASSEROLE GREEN PEAS CARROT RAISIN SALAD MANDARIN ORANGES</p>	<p style="text-align: center;">17</p> <p>SCRAMBLED EGGS CRISP BACON PANCAKES KEY LARGO VEGETABLES FRUIT SALAD JUICE</p>
<p style="text-align: center;">20 <u>CLOSED</u></p> 	<p style="text-align: center;">21 <u>BIRTHDAY DINNER</u></p> <p>CHICKEN ALA KING MASHED POTATOES MIXED VEGETABLES TOSSED SALAD CINNAMON APPLESauce CAKE & ICE CREAM</p>	<p style="text-align: center;">22</p> <p>CHICKEN FRIED STEAK STEAMED POTATOES CARROTS & PEAS WHOLE GRAIN BREAD APRICOTS</p>	<p style="text-align: center;">23</p> <p>HAM & BEANS CORN BREAD PICKLED BEETS GARDEN SALAD JUICY PEARS</p>	<p style="text-align: center;">24</p> <p>ROASTED TURKEY MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD PLUMP PEACHES</p>
<p style="text-align: center;">27</p> <p>CABBAGE ROLLS MASHED POTATOES ORIENTAL VEGETABLES MANDARIN ORANGES</p>	<p style="text-align: center;">28</p> <p>BAKED HAM SCALLOPED POTATOES GARDEN PEAS CARROT RAISIN SALAD SPICED APPLES</p>	<p style="text-align: center;">29</p> <p>SPAGHETTI W/MEAT SAUCE GREEN BEANS TOSSED SALAD MIXED FRUIT COOKIE</p>	<p style="text-align: center;">30</p> <p>BAKED COD RICE PILAF CARROT COINS BEAN MEDLEY FRUIT SALAD</p>	<p style="text-align: center;">31</p> <p>LIVER & ONIONS BAKED POTATO MIXED VEGETABLES GARDEN SALAD SWEET PEACHES</p>

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.