





TOWNSEND SENIOR NUTRITION MENU - NOVEMBER 2021

FOR RESERVATIONS CALL - 266-3995



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 FISH PATTY ON A BUN MACARONI & CHEESE MIXED VEGGIES CRISP COLESLAW PLUMP PEACHES	2 CAROL'S MEATLOAF MASHED POTATOES w/GRAVY GREEN BEANS DINNER SALAD BANANAS & PUDDING	3 HAM & RICE CASSEROLE GREEN PEAS CARROT RAISIN SALAD MANDARIN ORANGES	4 BEEF STROGANOFF EGG NOODLES GOLDEN CORN SALAD w/BEANS BAKED APPLES	5 FRENCH TOAST SCRAMBLED EGGS LINK SAUSAGE HASH BROWNS KEY LARGO VEGETABLES FRUIT SALAD
8 MONTANA PASTIES GARDEN PEAS TOSSED SALAD BAKED APPLES DESSERT	9 SWEET-N-SOUR PORK FRIED BROWN RICE ORIENTAL VEGETABLES FOUR BEAN SALAD GOLDEN PEARS	10 SLOPPY JOES ON A BUN BAKED BEANS CREAMY COLESLAW CINNAMON APPLESAUCE	11 CLOSED 	12 BAKED COD WILD RICE PILAF GERMAN VEGETABLES DINNER SALAD SWEET PEACHES
15 TUNA NOODLE CASSEROLE GREEN PEAS STEAMED CARROTS MANDARIN ORANGES	16 <u>BIRTHDAY DINNER</u> BAKED CHICKEN RICE PILAF MIXED VEGETABLES DINNER SALAD BLUSHING PEARS BIRTHDAY CAKE	17 PORK CHOPS STEAMED POTATOES GREEN BEANS SLICED BEETS APRICOTS	18 CHICKEN & RICE CASSEROLE CALIFORNIA VEGETABLES COLESLAW MIXED FRUIT	19 HAM & BEANS CORN BREAD MIXED VEGETABLES GARDEN SALAD PINEAPPLE
22 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GARDEN SALAD FRUIT MEDLEY	23 <u>THANKSGIVING DINNER</u> ROAST TURKEY MASHED POTATOES BREAD STUFFING MIXED VEGETABLES SPICED APPLES PUMPKIN PIE	24 CHICKEN FRIED STEAK STEAMED POTATOES CARROTS & PEAS WHOLE GRAIN BREAD SWEET PEACHES	25 <u>CLOSED - THANKSGIVING</u> 	26 <u>CLOSED</u> 
29 BEEF & VEGGIE STEW FRESH BAKED BISCUIT TOSSED SALAD ZESTY PINEAPPLE DESSERT	30 ROAST PORK MASHED POTATOES KEY LARGO VEGETABLES WHOLE GRAIN BREAD GOLDEN PEARS		 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.