



# TOWNSEND SENIOR NUTRITION MENU - DECEMBER 2020

For Additional Information Call 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>ROAST PORK MASHED POTATOES KEY LARGO VEGETABLES GARDEN SALAD SPICED APPLES</p>	<p>2</p> <p>SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS PURPLE BEETS FRUIT MEDLEY</p>	<p>3</p> <p>CHICKEN ALA KING STEAMED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL MANDARIN ORANGES</p>	<p>4</p> <p>CHILI CON CARNE GOLDEN CORN CREAMY COLESLAW JUICY PEARS CINNAMON ROLL</p>
<p>7</p> <p>BEEF &amp; VEGGIE STEW FRESH BAKED BISCUIT TOSSED SALAD ZESTY PINEAPPLE</p>	<p>8</p> <p>BAKED CHICKEN RICE PILAF CALIFORNIA VEGETABLES DINNER SALAD BLUSHING PEARS</p>	<p>9</p> <p>SWEDISH MEATBALLS STEAMED POTATOES GREEN BEANS WHOLE GRAIN BREAD APRICOT HALVES CHOCOLATE MOUSSE</p>	<p>10</p> <p>BBQ PORK BITS CORN BREAD BAKED BEANS CRISP COLESLAW APPLESAUCE</p>	<p>11</p> <p>CHICKEN NOODLE SOUP DELI SANDWICH MIXED VEGGIES GARDEN SALAD w/BEANS SWEET PEACHES</p>
<p>14</p> <p>BEEF STROGANOFF EGG NOODLES GERMAN VEGETABLES DINNER SALAD w/BEANS MIXED FRUIT</p>	<p>15</p> <p><b><u>BIRTHDAY DINNER</u></b> ROASTED TURKEY MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD APRICOTS BIRTHDAY CAKE</p>	<p>16</p> <p>CAROL'S MEATLOAF MASHED POTATOES w/GRAVY GARDEN SALAD WHOLE GRAIN BREAD PLUMP PEACHES</p>	<p>17</p> <p>TUNA NOODLE CASSEROLE GREEN PEAS CARROT RAISIN SALAD MANDARIN ORANGES</p>	<p>18</p> <p>FRENCH TOAST SCRAMBLED EGGS LINK SAUSAGE POTATO TRIANGLES KEY LARGO VEGETABLES FRUIT SALAD</p>
<p>21</p> <p>SWEET-N-SOUR PORK FRIED BROWN RICE ORIENTAL VEGETABLES BEAN MEDLEY PINEAPPLE</p>	<p>22</p> <p><b><u>CHRISTMAS DINNER</u></b> BAKED HAM MASHED POTATOES GARDEN PEAS CARROT RAISIN SALAD SPICED APPLES HOLIDAY DESSERT</p>	<p>23</p> <p>SLOPPY JOES ON A BUN BAKED BEANS CREAMY COLESLAW CINNAMON APPLESauce</p>	<p>24</p> <p><b><u>CLOSED</u></b></p> 	<p>25</p> <p><b><u>CLOSED</u></b></p> 
<p>28</p> <p>CABBAGE ROLLS MASHED POTATOES ORIENTAL VEGETABLES MANDARIN ORANGES</p>	<p>29</p> <p>PULLED PORK SANDWICH BAKED BEANS PURPLE BEETS CARROT RAISIN SALAD FRUIT SALAD</p>	<p>30</p> <p>LIVER &amp; ONIONS BAKED POTATO MIXED VEGETABLES GARDEN SALAD SWEET PEACHES</p>	 <p>31</p> <p><b><u>CLOSED</u></b></p>  	<p>Low-fat Milk is served daily</p> 

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