

TOWNSEND SENIOR CENTER MENU

August 2019



FOR RESERVATIONS CALL 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 FISH PATTY ON A BUN GREEN PEAS CARROT RAISIN SALAD MANDARIN ORANGES	2 SCRAMBLED EGGS CRISP BACON PANCAKES KEY LARGO VEGETABLES FRUIT SALAD JUICE
5 SLOPPY JOES ON A BUN BAKED BEANS CREAMY COLESLAW CINNAMON APPLESAUCE	6 ROASTED TURKEY MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD PLUMP PEACHES	7 CHICKEN ALA KING BROWN RICE MIXED VEGETABLES TOSSED SALAD APRICOTS	8 BBQ PORK SANDWICH POTATO SALAD PICKLED BEETS JUICY PEARS	9 CHICKEN FRIED STEAK STEAMED POTATOES CARROTS & PEAS WHOLE GRAIN BREAD FRUIT CRISP
12 CABBAGE ROLLS MASHED POTATOES ORIENTAL VEGETABLES MANDARIN ORANGES	13 BAKED HAM SCALLOPED POTATOES GARDEN PEAS CARROT RAISIN SALAD SPICED APPLES	14 SPAGHETTI W/MEAT SAUCE GREEN BEANS TOSSED SALAD MIXED FRUIT COOKIE	15 BAKED COD RICE PILAF CARROT COINS BEAN MEDLEY FRUIT SALAD	16 LIVER & ONIONS BAKED POTATO MIXED VEGETABLE GARDEN SALAD SWEET PEACHES
19 SWEDISH MEATBALLS MASHED POTATOES GERMAN VEGETABLES SALAD W/BEANS APRICOT HALVES	20 <u>BIRTHDAY DINNER</u> BBQ PORK RIBS MACARONI SALAD SWEET CORN PICKLED BEETS APPLESAUCE CAKE & ICE CREAM	21 MAKE YOUR OWN CHEF SALAD W/BEANS CARROT & CELERY STICKS WHOLE GRAIN ROLL FRESH FRUIT	22 BAKED CHICKEN WILD RICE STEAMED BROCCOLI GARDEN SALAD GOLDEN PEARS	23 BEEF TACOS CHEESE & SOUR CREAM LETTUCE & TOMATO MEXICAN CORN & BEANS PINEAPPLE
26 TUNA SANDWICH ON A BUN MIXED VEGGIES CRISP COLESLAW PLUMP PEACHES	27 CAROL'S MEATLOAF MASHED POTATOES W/GRAVY GREEN BEANS DINNER SALAD BANANA PUDDING	28 HAM SALAD SANDWICH FOUR BEAN SALAD PEA SALAD GOLDEN PEARS	29 BEEF STROGANOFF EGG NOODLES GOLDEN CORN SALAD W/BEANS BAKED APPLES	30 FRENCH TOAST SCRAMBLED EGGS LINK SAUSAGE KEY LARGO VEGETABLES FRUIT SALAD JUICE

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*.

Meals are served with Low Fat Milk, Coffee, Juice, Whole Grain Bread and Margarine.