



AUGUSTA SENIOR NUTRITION MENU - OCTOBER 2021

For Reservations Call: 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Low-fat-milk is served daily</i>			1 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI & CAULIFLOWER BAKED APPLES
4 TUNA NOODLE CASSEROLE GARDEN PEAS TOSSED SALAD JUICY PEARS BANANA BREAD	5 <u>CLOSED</u>	6 BAKED COD WILD RICE STEAMED SPINACH GARDEN SALAD APRICOT HALVES	7 BEEF TACO SOUP TORTILLA CHIPS BLACK BEANS FRUIT CUP	8 PULLED PORK SANDWICH POTATO SALAD COLESLAW FRUIT SALAD
11 SWEET-N-SOUR PORK BROWN RICE STIR FRY VEGETABLES COLESLAW MANDARIN ORANGES	12 <u>CLOSED</u>	13 SALISBURY STEAK MASHED POTATOES SALAD w/BEANS HOT ROLL APRICOT HALVES	14 CLAM CHOWDER CHEDDAR BISCUIT PURPLE BEETS VEGGIE SALAD FRESH FRUIT	15 MALIBU CHICKEN SANDWICH BEAN MEDLEY CARROT RAISIN SALAD PINEAPPLE RINGS DESSERT
18 QUICHE FLORENTINE HASH BROWNS VEGETABLE MEDLEY BLUEBERRIES & YOGURT FRUIT MUFFIN	19 <u>CLOSED</u>	20 <u>BIRTHDAY DINNER</u> CHICKEN BAKE WHOLE WHEAT TOAST MIXED VEGGIES GARDEN SALAD GOLDEN PEARS BIRTHDAY CAKE	21 BBQ RIBS CORN MUFFIN BAKED BEANS COLESLAW APPLESAUCE	22 SLOPPY JOES TATER TOTS PURPLE BEETS FRUIT COCKTAIL
25 SPAGHETTI w/MEAT SAUCE GARLIC BREAD GREEN BEANS SALAD w/GARBANZOS PINEAPPLE TIDBITS	26 <u>CLOSED</u>	27 BAKED HAM SWEET YAMS DINNER SALAD HOT WHEAT ROLL CINNAMON APPLES	28 TURKEY & RICE SOUP MIXED VEGGIES CARROT RAISIN SALAD FRESH FRUIT PUDDING CUP	29 MEATBALL SANDWICH DICED BEETS POTATO SALAD FRUIT CUP

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.