





AUGUSTA SENIOR NUTRITION MENU - NOVEMBER 2021

For Reservations call 562-3623

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| <p>1</p> <p>TERIYAKI CHICKEN BROWN RICE STIR FRY VEGETABLES GARDEN SALAD MANDARIN ORANGES</p> | <p>2</p> <p>SPAGHETTI BAKE BRUSSELS SPROUTS BEAN MEDLEY WHOLE GRAIN ROLL PURPLE PLUMS</p> | <p>3</p> <p>MEAT & CHEESE PIZZA PEAS & CARROTS VEGGIE SALAD ORANGE SLICES DESSERT</p> | <p>4</p> <p>CHEF'S CHOICE ENTRÉE STEAMED BROCCOLI TOSSED SALAD WHOLE GRAIN ROLL APPLESAUCE</p> | <p>5</p> <p>CALICO BEANS CORN BREAD PURPLE BEETS GARDEN COLESLAW COTTAGE CHEESE & PEACHES</p> |
| <p>8</p> <p>MAC-N-CHEESE w/TOMATOES & BACON GREEN BEANS TOSSED SALAD APPLE SLICES</p> | <p>9</p> <p>CHILI CON CARNE CORNBREAD GOLDEN CORN COLESLAW SWEET PEACHES</p> | <p>10</p> <p>CHICKEN FRIED STEAK MASHED POTATOES DINNER SALAD WHOLE GRAIN ROLL CRANBERRIES</p> | <p>11</p> <p>CLOSED</p>  | <p>12</p> <p>TUNA MELT CRISP COLESLAW CARROT & CELERY STICKS AMBROSIA SALAD</p> |
| <p>15</p> <p>SERBIAN EGGS & HASH BROWNS FRUIT MUFFIN GREEN SALAD FRESH FRUIT</p> | <p>16</p> <p>UNSTUFFED CABBAGE ROLLS w/BROWN RICE & BEEF SALAD w/BEANS PLUMP PEACHES</p> | <p>17</p> <p><u>THANKSGIVING/BIRTHDAY</u> <u>DINNER</u> TURKEY & STUFFING MASHED POTATOES & GRAVY GREEN BEAN CASSEROLE CRANBERRIES PUMPKIN PIE</p> | <p>18</p> <p>CHEF'S CHOICE ENTRÉE GREEN BEANS STEAMED CARROTS WHOLE GRAIN ROLL FRUIT SALAD</p> | <p>19</p> <p>BBQ PORK SANDWICH POTATO SALAD COLESLAW PINEAPPLE RINGS</p> |
| <p>22</p> <p>MEAT LASAGNA GARLIC BREAD GREEN BEANS TOSSED SALAD APRICOT HALVES</p> | <p>23</p> <p>ORANGE CHICKEN BROWN RICE BRUSSELS SPROUTS CHINESE COLESLAW MANDARIN ORANGES</p> | <p>24</p> <p>MEATBALLS & GRAVY RICE PILAF BUTTER BEETS BEAN MEDLEY GOLDEN PEARS DESSERT</p> | <p>25</p> <p><u>CLOSED - THANKSGIVING</u></p>  | <p>26</p> <p><u>CLOSED</u></p>  |
| <p>29</p> <p>TUNA NOODLE CASSEROLE GREEN BEANS TOSSED SALAD WHOLE WHEAT ROLL APPLESAUCE</p> | <p>30</p> <p>ROAST BEEF ROASTED POTATOES MIXED VEGGIES GARDEN SALAD FRUIT COCKTAIL</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

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.