




TOWNSEND SENIOR CENTER MENU - APRIL 2019

FOR RESERVATIONS CALL 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 TURKEY ALA KING MASHED POTATOES BROCCOLI SPEARS BEAN SOUP MANDARIN ORANGES</p>	<p>2 MONTANA PASTIES CALIFORNIA BLEND CARROT RAISIN SALAD BLUEBERRY CRISP</p>	<p>3 TUNA NOODLE CASSEROLE GREEN PEAS COLESLAW MIXED FRUIT</p>	<p>4 BEEF & VEGGIE STEW FRESH BAKED BISCUITS FOUR BEAN SALAD SPICED APPLES</p>	<p>5 POLISH SAUSAGE SAUERKRAUT STEAMED POTATOES VEGETABLE SOUP WHOLE GRAIN BREAD GOLDEN PEARS</p>
<p>8 CAROL'S MEATLOAF MASHED POTATOES GOLDEN CORN FOUR BEAN SALAD PINEAPPLE</p>	<p>9 BAKED HAM SWEET POTATOES CAPRI VEGETABLES MIXED FRUIT SPICE CAKE</p>	<p>10 BAKED CHICKEN MASHED POTATOES GERMAN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES</p>	<p>11 SWEET N' SOUR PORK FRIED RICE ORIENTAL VEGETABLES CRISP COLESLAW SWEET PEACHES</p>	<p>12 CHILI CON CARNE CHEESE SLICES CORNBREAD CARROT COINS GARDEN SALAD APPLESAUCE</p>
<p>15 SWEDISH MEATBALLS OVER NOODLES GREEN PEAS GARDEN SALAD PLUMP PEACHES</p>	<p>16 <u>HAPPY BIRTHDAY</u> BAKED TURKEY MASHED POTATOES MIXED VEGGIES GOLDEN PEARS CAKE & ICE CREAM</p>	<p>17 BBQ RIBLETS BAKED BEANS CALIFORNIA BLEND VEGGIES WHOLE GRAIN ROLL MANDARIN ORANGES</p>	<p>18 CABBAGE ROLLS MASHED POTATOES GREEN BEANS BAKED APPLES</p>	<p>19 BAKED COD FRIED RICE ORIENTAL VEGETABLES BEEF & VEGGIE SOUP MIXED FRUIT</p>
<p>22 SALISBURY STEAK MASHED POTATOES CALIFORNIA BLEND VEGGIES FOUR BEAN SALAD BLUSHING PEARS</p>	<p>23 BAKED PORK CHOPS STEAMED POTATOES CAPRI VEGETABLES WHOLE GRAIN ROLL SPICED APPLES</p>	<p>24 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GARDEN SALAD PINEAPPLE</p>	<p>25 BAKED CHICKEN RICE PILAF MIXED VEGETABLES FOUR BEAN SALAD BANANA PUDDING</p>	<p>26 SAUSAGE LINKS SCRAMBLED EGGS PANCAKES KEY LARGO VEGGIES APRICOT HALVES ASSORTED JUICES</p>
<p>29 BAKED FISH PATTY MACARONI & CHEESE PEAS & CARROTS COLESLAW APPLESAUCE</p>	<p>30 BEEF STROGANOFF OVER NOODLES SWEET CORN FOUR BEAN MEDLEY FRUIT SALAD</p>			

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, TEA, WHOLE GRAIN BREAD AND MARGARINE.