

TOWNSEND SENIOR NUTRITION MENU - JULY 2021

FOR RESERVATIONS CALL - 266-3995



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Low-fat milk is served daily	1 FISH PATTY ON A BUN MACARONI & CHEESE MIXED VEGGIES CRISP COLESLAW BANANAS & PUDDING	2 <u>CLOSED</u> Juneteenth observed 
5 <u>CLOSED- 4TH of July observed</u> 	6 SLOPPY JOES ON A BUN BAKED BEANS CREAMY COLESLAW JUICY PEARS DESSERT	7 ROASTED TURKEY MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD PLUMP PEACHES	8 BBQ PORK SANDWICH POTATO SALAD PICKLED BEETS CINNAMON APPLESAUCE	9 SALISBURY STEAK STEAMED POTATOES CALIFORNIA BLEND CARROT RAISIN SALAD MANDARIN ORANGES
12 CABBAGE ROLLS MASHED POTATOES ORIENTAL VEGETABLES APRICOT HALVES	13 ROAST PORK MASHED POTATOES KEY LARGO VEGETABLES WHOLE GRAIN ROLL SWEET PEACHES	14 SPAGHETTI w/MEAT SAUCE GREEN BEANS TOSSED SALAD MIXED FRUIT COOKIE	15 BAKED COD RICE PILAF CARROT COINS BEAN MEDLEY FRUIT SALAD	16 POLISH SAUSAGE w/SAUERKRAUT STEAMED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE
19 MONTANA PASTIES GARDEN PEAS TOSSED SALAD APRICOTS	20 <u>BIRTHDAY DINNER</u> BBQ PORK RIBS MACARONI SALAD SWEET CORN PICKLED BEETS APPLESAUCE BIRTHDAY CAKE	21 TURKEY ALA KING MASHED POTATOES STEAMED CARROTS GARDEN SALAD w/BEANS GOLDEN PEARS	22 HAM SALAD SANDWICH PEA SALAD COLESLAW MANDARIN ORANGES	23 CHICKEN FRIED STEAK STEAMED POTATOES GREEN BEANS WHOLE GRAIN BREAD SWEET PEACHES
26 BEEF STROGANOFF EGG NOODLES GERMAN VEGETABLES CARROT RAISIN SALAD MIXED FRUIT	27 BAKED CHICKEN RICE PILAF CALIFORNIA VEGETABLES DINNER SALAD BLUSHING PEARS	28 DELI SANDWICH POTATO SALAD CREAMY COLESLAW JELLO w/FRUIT	29 PORK CHOPS STEAMED POTATOES BAKED BEANS SLICED BEETS APPLESAUCE	30 SWEDISH MEATBALLS MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD APRICOT HALVES

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.