

# AUGUSTA SENIOR CENTER MENU OCTOBER 2019

For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>TURKEY &amp; RICE SOUP MIXED VEGGIES GREEN PEA SALAD FRESH FRUIT PUDDING CUP</p> <p>BINGO 7PM</p>	<p>2</p> <p>BAKED HAM SWEET YAMS DINNER SALAD w/BEANS HOT WHEAT ROLL CINNAMON APPLES</p>	<p>3</p> <p>CHEF'S CHOICE ENTRÉE STEAMED CARROTS CAULIFLOWER &amp; BROCCOLI BREADSTICK MANDARIN ORANGES</p> <p>WII BOWLING</p>	<p>4</p> <p>MEATBALL SANDWICH DICED BEETS POTATO SALAD FRUIT CUP</p>
	<p>7</p> <p>PEKING CHICKEN BROWN RICE STIR FRY VEGETABLES GARDEN SALAD MANDARIN ORANGES</p>	<p>8</p> <p>TOMATO BISQUE GRILLED CHEESE SANDWICH BROCCOLI SALAD BEAN MEDLEY JUICY PEARS</p> <p>BINGO 7PM</p>	<p>9</p> <p>MEAT &amp; CHEESE PIZZA PEAS &amp; CARROTS VEGGIE SALAD ORANGE SLICES JELLO SQUARES</p>	<p>10</p> <p>CHEF'S CHOICE ENTRÉE BRUSSELS SPROUTS TOSSED SALAD WHOLE GRAIN ROLL APPLESAUCE</p> <p>WII BOWLING</p>
<p>14</p> <p><b>SENIOR MEETING</b> MAC-N-CHEESE w/TOMATOES &amp; BACON GREEN BEANS TOSSED SALAD APPLES SLICES</p> <p>HEARING CLINIC</p>	<p>15</p> <p>NANCY'S MEATLOAF MASHED POTATOES GREEN BEANS GARDEN SALAD SWEET PEACHES</p> <p>BINGO 7PM</p>	<p>16</p> <p><b>BIRTHDAY DINNER</b> CHICKEN FRIED STEAK MASHED POTATOES DINNER SALAD WHOLE GRAIN ROLL CRANBERRIES CAKE &amp; ICE CREAM</p>	<p>17</p> <p>CHEF'S CHOICE ENTRÉE SWEET CORN VEGGIE SALAD BREADSTICK PINEAPPLE</p> <p>WII BOWLING</p>	<p>18</p> <p>TUNA BUNWICH TOMATO SALAD CARROT &amp; CELERY STICKS FRUIT SALAD</p>
<p>21</p> <p>HAM &amp; EGGS FRUIT MUFFIN GREEN SALAD FRESH FRUIT 100% JUICE</p>	<p>22</p> <p>CHICKEN SOUP GARDEN PEAS PURPLE BEETS BREADSTICK MANDARIN ORANGES</p> <p>BINGO 7PM</p>	<p>23</p> <p>UNSTUFFED CABBAGE ROLLS w/BROWN RICE &amp; BEEF SALAD w/BEANS PLUMP PEACHES</p>	<p>24</p> <p>CHEF'S CHOICE ENTRÉE GREEN BEANS DINNER SALAD WHOLE GRAIN ROLL FRUIT SALAD</p> <p>WII BOWLING</p>	<p>25</p> <p>BBQ PORK SANDWICH POTATO SALAD COLESLAW PINEAPPLE RINGS COOKIE</p>
<p>28</p> <p>MEAT LASAGNA GARLIC BREAD GREEN BEANS TOSSED SALAD APRICOT HALVES</p>	<p>29</p> <p>KALUA PORK MACARONI SALAD MALIBU VEGGIES GARDEN SALAD BAKED APPLES</p> <p>BINGO 7PM</p>	<p>30</p> <p>MEATBALLS &amp; GRAVY MASHED POTATOES BUTTER BEETS BEAN MEDLEY GOLDEN PEARS</p>	<p>31</p> <p><b>HALLOWEEN</b> EERIE ENTRÉE VAMPIRE VEGGIES SPOOKY SALAD BOGEYMAN BREAD CREEPY CRANBERRIES</p> <p>WII BOWLING</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 & LEMONADE.**