

AUGUSTA SENIOR CENTER MENU JULY 2019

For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SPINACH CHICKEN PASTA BAKE GARLIC BREAD TOSSED SALAD FRUIT CUP	2 MAC-N-CHEESE w/TOMATOES & BACON GREEN BEANS TOSSED SALAD FRESH FRUIT & COTTAGE CHEESE <i>BINGO 7 PM</i>	3 HAMBURGERS w/LETTUCE & TOMATO SWEET CORN 3 BEAN SALAD PINEAPPLE COOKIE	4 CLOSED 	5 PASTA SALAD BEANS, CHEESE, PEPPERONI TOMATO, PEPPERS, OLIVES GARLIC BREAD TOSSED SALAD FRUIT MEDLEY
8 ORANGE CHICKEN (ONIONS, PEPPERS, PINEAPPLE) BROWN RICE BROCCOLI SPEARS GARDEN SALAD <i>HEARING CLINIC</i>	9 BBQ PORK SANDWICH BAKED BEANS CORN SALAD TOSSED SALAD PLUMP PEACHES <i>BINGO 7 PM</i>	10 FISH & CHIPS CRISPY COLESLAW TOMATO SLICES WHOLE WHEAT ROLL ORANGE JELLO w/ORANGES	11 CHEF'S CHOICE ENTRÉE PICKLED BEETS GARDEN SALAD WHOLE WHEAT ROLL FRUIT CUP <i>WII BOWLING 1 PM</i>	12 <u>COUNTY COMMISSIONERS</u> PORK TACOS LETTUCE, TOMATOES & SALSA REFRIED BEANS FRESH ORANGES
15 CHICKEN & STUFFING BAKE STEAMED CARROTS VEGGIE SALAD CRANBERRIES	16 MEAT & CHEESE PIZZA SALAD w/BEANS PICKLED BEETS MIXED FRUIT <i>BINGO 7 PM</i>	17 <u>BIRTHDAY DINNER</u> MONTANA MEATLOAF POTATO CASSEROLE GREEN BEANS SALAD w/TOMATOES FRESH FRUIT BIRTHDAY CAKE & ICE CREAM	18 CHEF'S CHOICE ENTRÉE MALIBU VEGGIES TOSSED SALAD WHEAT ROLL BLUSHING PEARS <i>WII BOWLING 1 PM</i>	19 CHICKEN SALAD LETTUCE & TOMATOES FOCACCIA BREAD BROCCOLI SALAD SWEET PEACHES
22 DENVER OMELET BAKE (HAM, PEPPERS, ONION) SPINACH SALAD WHOLE GRAIN TOAST ORANGE SLICES FRUIT JUICE	23 SLOPPY JOES TATER TOTS TOSSED SALAD TOMATO SLICES FRESH FRUIT <i>BINGO 7 PM</i>	24 BAKED CHICKEN PICKLED BEETS POTATO SALAD TOSSED GREENS WHEAT ROLL JUICY PEARS	25 CHEF'S CHOICE ENTRÉE TOMATO BEAN MEDLEY GREEN SALAD WHEAT ROLL FRUIT SALAD <i>WII BOWLING 1 PM</i>	26 TACO SALAD LETTUCE, TOMATO BEEF, BEANS & CHEESE CORN CHIPS FRUIT COCKTAIL LEMON JELLO
29 PASTITSIO (Beef & Mac Casserole) GREEN BEANS PICKLED BEETS GREEK SALAD APPLE SLICES	30 COLD CUT HOAGIE w/LETTUCE & TOMATOES CARROT STICKS GARDEN SALAD AMBROSIA <i>BINGO 7 PM</i>	31 CHICKEN & STUFFING BAKE STEAMED CARROTS GARDEN SALAD w/BEANS CRANBERRIES		

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.*

MEALS ARE SERVED WITH LOW FAT MILK, COFFEE, TEA & LEMONADE.