

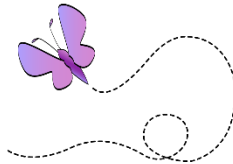


TOWNSEND SENIOR CENTER MENU

APRIL 2018-FOR RESERVATIONS CALL 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BAKED PORK CHOPS STEAMED POTATOES GERMAN VEGETABLES APPLESAUCE	3 BEEF & VEGGIE STEW FRESH BAKED BISCUITS 4 BEAN SALAD PEACH CRISP	4 TURKEY NOODLE SOUP DELI SANDWICHES TATER TOTS MIXED VEGGIES MANDARIN ORANGES	5 CABBAGE ROLLS MASHED POTATOES PEAS & CARROTS SPICED APPLES SUGAR COOKIES	6 CHICKEN FRIED STEAK STEAMED POTATOES KEY LARGO VEGGIES JUICY PEARS
9 MEATLOAF MASHED POTATOES GOLDEN CORN 4 BEAN SALAD APRICOTS	10 SWEET N' SOUR PORK FRIED RICE ORIENTAL VEGETABLES TOSSED SALAD SPICED APPLES	11 BAKED CHICKEN MASHED POTATOES CARROT COINS SWEET PEACHES	12 BAKED HAM SWEET POTATOES GREEN PEAS APPLESAUCE BUTTERSCOTCH BARS	13 CHILI CON CARNE CHEESE SLICES CORNBREAD CARROT RAISIN SALAD ZESTY PINEAPPLE CINNAMON ROLLS
16 SALISBURY STEAK STEAMED POTATOES GERMAN VEGGIES CRISPY COLESLAW MIXED FRUIT	17 <u>HAPPY BIRTHDAY</u> BAKED TURKEY MASHED POTATOES CALIFORNIA BLEND VEGGIES PLUMP PEACHES CAKE & ICE CREAM	18 BBQ RIBLETS BAKED BEANS CARROT RAISIN SALAD APPLESAUCE	19 SWEDISH MEATBALLS MASHED POTATOES BROCCOLI SPEARS 4 BEAN SALAD CHOCOLATE CHIP COOKIES	20 SAUSAGE LINKS SCRAMBLED EGGS PANCAKES KEY LARGO VEGGIES PINEAPPLE ASSORTED JUICES
23 MONTANA PASTIES PEAS & CARROTS COLESLAW MANDARIN ORANGES	24 BAKED CHICKEN RICE PILAF GREEN BEANS GARDEN SALAD BLUSHING PEARS BANANA PUDDING	25 BAKED FISH PATTY MACARONI & CHEESE CALIFORNIA VEGGIES 4 BEAN SALAD APRICOTS	26 ROAST PORK STEAMED POTATOES GERMAN VEGGIES BLUEBERRY CRISP	27 <u>CLOSED</u> ALL STAFF MEETING
30 SPAGHETTI w/MEAT SAUCE BROCCOLI SPEARS GARDEN SALAD GARLIC BREAD PINEAPPLE				

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, JUICE, WHOLE GRAIN BREAD AND MARGARINE.