

AUGUSTA SENIOR CENTER MENU - SEPTEMBER, 2020

For Additional Information Call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 TURKEY & RICE SOUP GARDEN SALAD GREEN PEA SALAD MIXED FRUIT PUDDING CUP	2 BAKED HAM SWEET YAMS DINNER SALAD HOT WHEAT ROLL BAKED APPLES	3 CHEF'S CHOICE ENTRÉE STEAMED CARROTS CAULIFLOWER & BROCCOLI BREADSTICK FRESH FRUIT	4 MEATBALL SANDWICH DICED BEETS MIXED VEGGIES FRUIT SALAD
7 CLOSED 	8 TOMATO BISQUE GRILLED CHEESE SANDWICH BROCCOLI SALAD BEAN MEDLEY JUICY PEARS	9 MEAT & CHEESE PIZZA PEAS & CARROTS VEGGIE SALAD ORANGE SLICES JELLO SQUARES	10 CHEF'S CHOICE ENTRÉE BRUSSELS SPROUTS PURPLE BEETS WHOLE GRAIN ROLL APPLESAUCE	11 CALICO BEANS CORN BREAD GARDEN COLESLAW TOMATO SLICES SWEET PEACHES
14 MAC-N-CHEESE w/TOMATOES & BACON GREEN BEANS TOSSED SALAD APPLES SLICES	15 MINESTRONE w/BEANS FOCACCIA BREAD PICKLED BEETS COTTAGE CHEESE w/PEACHES	16 <u>BIRTHDAY DINNER</u> CHICKEN FRIED STEAK MASHED POTATOES DINNER SALAD WHOLE GRAIN ROLL CRANBERRIES CAKE & ICE CREAM	17 CHEF'S CHOICE ENTRÉE SWEET CORN MIXED VEGGIES BREADSTICK PINEAPPLE	18 TUNA BUNWICH TOMATO SALAD CARROT & CELERY STICKS FRUIT SALAD
21 BISCUITS & SAUSAGE w/GRAVY GREEN SALAD FRESH FRUIT 100% JUICE	22 CHICKEN SALAD PURPLE BEETS GARDEN SALAD BREADSTICK GOLDEN PEARS	23 UNSTUFFED CABBAGE ROLLS w/BROWN RICE & BEEF GREEN BEANS PLUMP PEACHES	24 CHEF'S CHOICE ENTRÉE GARDEN PEAS BEAN MEDLEY WHOLE GRAIN ROLL FRUIT SALAD	25 BBQ PORK SANDWICH POTATO SALAD COLESLAW PINEAPPLE RINGS COOKIE
28 MEAT LASAGNA GARLIC BREAD GREEN BEANS TOSSED SALAD APRICOT HALVES	29 KALUA PORK MACARONI SALAD BROCCOLI SPEARS STEAMED CARROTS BAKED APPLES	30 MEATBALLS & GRAVY RICE PILAF BUTTER BEETS BEAN MEDLEY GOLDEN PEARS		

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.