





AUGUSTA SENIOR CENTER MENU JULY 2018

For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>SPINACH CHICKEN PASTA BAKE GARLIC BREAD TOSSED SALAD FRUIT CUP</p>	<p>3</p> <p>HAMBURGERS w/LETTUCE & TOMATO CORN ON THE COB 3 BEAN SALAD WATERMELON</p> <p>BINGO 7 PM</p>	<p>4</p> <p>CLOSED</p> 	<p>5</p> <p>CHEF'S CHOICE ENTRÉE GREEN BEANS GARDEN SALAD WHEAT ROLL PINEAPPLE</p> <p>WII BOWLING 1 PM</p>	<p>6</p> <p>PASTA SALAD BEANS, CHEESE, PEPPERONI TOMATO, PEPPERS, OLIVES GARLIC BREAD TOSSED SALAD FRUIT MEDLEY</p>
<p>9</p> <p>ORANGE CHICKEN (ONIONS, PEPPERS, PINEAPPLE) BROWN RICE BROCCOLI SPEARS GARDEN SALAD</p> <p>HEARING CLINIC</p>	<p>10</p> <p>FRENCH DIP TATER TOTS CORN SALAD TOSSED SALAD PLUMP PEACHES</p> <p>BINGO 7 PM</p>	<p>11</p> <p>FISH & CHIPS CRISPY COLESLAW TOMATO SLICES FRUIT COCKTAIL LEMON JELLO</p>	<p>12</p> <p>CHEF'S CHOICE ENTRÉE PICKLED BEETS GARDEN SALAD FRUIT CUP WHEAT ROLL</p> <p>WII BOWLING 1 PM</p>	<p>13</p> <p><u>COUNTY COMMISSIONERS</u> PORK TACOS LETTUCE, TOMATOES & SALSA REFRIED BEANS FRESH ORANGES</p>
<p>16</p> <p>CHICKEN & STUFFING BAKE STEAMED CARROTS VEGGIE SALAD CRANBERRIES</p>	<p>17</p> <p>MEAT & CHEESE PIZZA SALAD w/BEANS PICKLED BEETS MIXED FRUIT</p> <p>BINGO 7 PM</p>	<p>18</p> <p>BIRTHDAY DINNER NANCY'S MEATLOAF POTATO CASSEROLE GREEN BEANS SALAD w/TOMATOES BIRTHDAY CAKE</p>	<p>19</p> <p>CHEF'S CHOICE ENTRÉE MALIBU VEGGIES TOSSED SALAD WHEAT ROLL BLUSHING PEARS</p> <p>WII BOWLING 1 PM</p>	<p>20</p> <p>CHICKEN SALAD LETTUCE & TOMATOES FOCACCIA BREAD BROCCOLI SALAD PEACHES w/STRAWBERRY JELLO</p>
<p>23</p> <p>DENVER OMELET BAKE (HAM, PEPPERS, ONION) SPINACH SALAD WHOLE GRAIN TOAST ORANGE SLICES FRUIT JUICE</p>	<p>24</p> <p>SLOPPY JOES TATER TOTS TOSSED SALAD TOMATO SLICES FRESH MELON</p> <p>BINGO 7 PM</p>	<p>25</p> <p>BAKED CHICKEN PICKLED BEETS POTATO SALAD TOSSED GREENS WHEAT ROLL PEARS IN JELLO</p>	<p>26</p> <p>CHEF'S CHOICE ENTRÉE TOMATO BEAN MEDLEY GREEN SALAD WHEAT ROLL GRAPE SALAD</p> <p>WII BOWLING 1 PM</p>	<p>27</p> <p>TACO SALAD LETTUCE, TOMATO BEEF, BEANS & CHEESE CORN CHIPS ORANGE JELLO w/ORANGES</p>
<p>30</p> <p>PASTITSIO (Beef & Mac Casserole) GREEN BEANS PICKLED BEETS GREEK SALAD LIME JELLO</p>	<p>31</p> <p>COLD CUT HOAGIE w/LETTUCE & TOMATOES CARROT STICKS GARDEN SALAD APPLE SLICES</p> <p>BINGO 7 PM</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 served with 1% Milk, Orange Juice, Coffee, Wheat Bread and Margarine