

TOWNSEND SENIOR CENTER MENU DECEMBER 2017

For Additional Information Call 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 FISH PATTIES VEGETABLE BEEF SOUP TATER TOTS MIXED VEGETABLES SWEET PEACHES
4 SLOPPY JOES BAKED BEANS GERMAN VEGGIES COLESLAW APRICOT HALVES	5 BAKED CHICKEN STEAMED POTATOES PEAS & CARROTS BLUEBERRY CRISP	6 SALISBURY STEAK MASHED POTATOES SWEET CORN 4 BEAN SALAD PINEAPPLE	7 BAKED COD FRIED RICE ORIENTAL VEGETABLES GARDEN SALAD SPICED APPLES	8 PANCAKES SCRAMBLED EGGS CRISPY BACON KEY LARGO VEGETABLES MANDARIN ORANGES FRUIT JUICE
11 SPAGHETTI W/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GARDEN SALAD BLUSHING PEARS	12 <u>HAPPY BIRTHDAY</u> BAKED ROAST PORK MASHED POTATOES CALIFORNIA BLEND VEGGIE BAKED APPLES CAKE & ICE CREAM	13 SWEDISH MEATBALLS MASHED POTATOES GREEN BEANS MIXED FRUIT	14 HAM & NAVY BEANS CORNBREAD CARROT RAISIN SALAD MANDARIN ORANGES BROWNIES	15 LIVER & ONIONS CHICKEN & RICE SOUP BAKED POTATOES CAPRI VEGGIES APPLESAUCE
18 MONTANA PASTY KEY LARGO VEGGIES CRISPY COLESLAW PLUMP PEACHES	19 CHICKEN FRIED STEAK STEAMED POTATOES ORIENTAL VEGGIES APRICOTS SPICE CAKE	20 BAKED PORK CHOPS MASHED POTATOES GERMAN VEGGIES 4 BEAN SALAD APPLESAUCE	21 TURKEY ALA KING STEAMED POTATOES CARROT COINS GOLDEN PEARS PEANUT BUTTER COOKIES	22 <u>MERRY CHRISTMAS</u> BAKED HAM MASHED POTATOES SWEET POTATOES MIXED VEGGIES CHERRY PIE
25 <u>CLOSED</u> 	26 MEATLOAF MASHED POTATOES GOLDEN CORN 4 BEAN SALAD APPLE CRISP	27 BAKED CHICKEN RICE PILAF CALIFORNIA BLEND VEGGIE GARDEN SALAD MANDARIN ORANGES	28 TUNA CASSEROLE GREEN PEAS COLESLAW MIXED FRUIT BUTTERSCOTCH BARS	29 POTATO SOUP POLISH SAUSAGE W/SAUERKRAUT STEAMED POTATOES 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.