








AUGUSTA SENIOR CENTER MENU DECEMBER 2017

For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 TUNA MELT TATER TOTS COLESLAW 3 BEAN SALAD LEMON JELLO W/FRUIT
4 BISCUIT W/SAUSAGE GRAVY SCRAMBLED EGGS TOMATO SLICES ORANGE SLICES FRUIT JUICE	5 <u>BINGO</u> STROGANOFF SANDWICH TOMATO SOUP GREEN SALAD FRUIT CUP	6 CHICKEN PARMESAN BUTTERED NOODLES GREEN BEANS DICED BEETS SALAD w/BEANS	7 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE WHEAT ROLL MALIBU VEGGIES GARDEN SALAD BLUSHING PEARS	8 <u>COMMISSIONER MEETING</u> <u>CHRISTMAS DINNER</u> ROAST BEEF POTATOES GREEN BEANS SALAD w/BEETS HOLIDAY CAKE
11 <u>SENIOR MEETING</u> <u>HEARING CLINIC</u> FETTUCINE ALFREDO w/CHICKEN & BROCCOLI GARLIC BREAD GARDEN SALAD JUICY PEARS	12 <u>BINGO</u> SPLIT PEA SOUP CRACKERS w/CHEESE TOSSED SALAD COLESLAW STRAWBERRY JELLO w/PEACHES	13 CHICKEN FRIED STEAK MASHED POTATOES CARROT COINS SALAD w/BEANS PINEAPPLE	14 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE CAPRI VEGGIES GREEN SALAD WHEAT ROLLS APPLESAUCE	15 CHICKEN SANDWICH TATER TOTS PICKLED BEETS TOSSED SALAD FRESH ORANGES
18 SWEET-N-SOUR PORK BROWN RICE ORIENTAL VEGGIES GARDEN SALAD PINEAPPLE	19 <u>BINGO</u> HAM & CORN CHOWDER GARLIC & CHEDDAR BISCUIT DICED BEETS SALAD w/BEANS GOLDEN PEARS	20 <u>BIRTHDAY DINNER</u> FISH w/LEMON BUTTER SAUCE WILD RICE BROCCOLI SPEARS TOSSED SALAD ORANGES	21 <u>WII BOWLING</u> UNSTUFFED CABBAGE ROLLS GARDEN PEAS GREEN SALAD SWEET PEACHES	22 HAMBURGERS LETTUCE, TOMATOES PICKLES, & ONIONS POTATO SALAD FRUIT SALAD
25 <u>CLOSED</u> 	26 <u>CLOSED</u> 	27 <u>CLOSED</u> 	28 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE POTATOES BRUSSEL SPROUTS TOSSED SALAD FRUIT CUP	29 TOOT'S MEATBALLS MASHED POTATOES GREEN BEANS PURPLE BEETS GARDEN SALAD

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.