



# AUGUSTA SENIOR CENTER MENU FEBRUARY, 2018



For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE CARROT COINS GARDEN SALAD APPLESAUCE	2 SLOPPY JOES TATER TOTS DICED BEETS TOSSED SALAD PINEAPPLE W/COTTAGE CHEESE
5 FRENCH TOAST W/BLEUBERRIES SCRAMBLED EGGS SAUSAGE PATTIES TOMATO SLICES ASSORTED JUICE	6 <u>BINGO</u> HAM & CORN CHOWDER CHEDDAR BISCUIT PICKLED BEETS GARDEN SALAD WALDORF SALAD	7 TATER TOT CASSEROLE CAPRI VEGGIES TOSSED SALAD LIME JELLO W/PEARS	8 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE GREEN BEANS GARDEN SALAD FRESH FRUIT	9 <u>COMMISSIONER'S MEETING</u> BAKED CHICKEN MASHED POTATOES & GRAVY TOSSED SALAD CRANBERRIES
12 <u>SENIOR MEETING</u> BAKED FISH WILD RICE BROCCOLI SPEARS GARDEN SALAD LEMON JELLO W/FRUIT	13 <u>BINGO</u> CHICKEN & DUMPLINGS CARROT COINS TOSSED SALAD W/BEANS ORANGE SLICES	14 <u>VALENTINE'S DAY</u> HOT ROAST BEEF SANDWICH MASHED POTATOES DICED BEETS GARDEN SALAD SWEETHEART CAKE	15 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE SWEET CORN COLESLAW FRUIT SALAD	16 STROGANOFF SANDWICH GREEN BEANS TOSSED SALAD STRAWBERRY JELLO W/PEACHES
19 <u>CLOSED</u> 	20 <u>BINGO</u> MEATBALL SOUP GRILLED CHEESE SANDWICH PICKLED BEETS TOSSED SALAD PINEAPPLE	21 <u>BIRTHDAY DINNER</u> SALISBURY STEAK MASHED POTATOES STEAMED BROCCOLI GARDEN SALAD JUICY PEACHES BIRTHDAY CAKE	22 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE GREEN PEAS GARDEN SALAD MANDARIN ORANGES	23 MALIBU CHICKEN SANDWICH TATER TOTS CARROTS TOSSED SALAD FRUIT CUP
26 CALICO BEANS CORN MUFFIN TOMATO SLICES TOSSED SALAD GOLDEN PEARS	27 <u>BINGO</u> CHICKEN VEGETABLE SOUP GARDEN SALAD 3 BEAN SALAD WHEAT ROLL	28 SPAGHETTI W/MEAT SAUCE GARLIC BREAD GREEN BEANS TOSSED SALAD FRESH ORANGES		

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.