
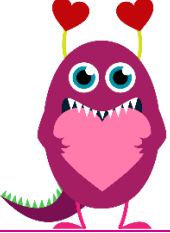


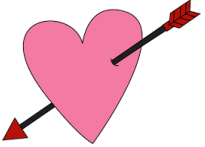



# TOWNSEND SENIOR CENTER MENU FEBRUARY, 2018

For Additional Information Call 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 BAKED COD FRIED RICE ORIENTAL VEGGIES TOSSED SALAD APPLE CRISP</p>	<p>2 LIVER &amp; ONIONS CHICKEN NOODLE SOUP BAKED POTATOES GREEN BEANS PEACHES</p>
<p>5 BBQ RIB BITS BAKED BEANS COLESLAW APPLESAUCE</p>	<p>6 SALISBURY STEAK MASHED POTATOES GOLDEN CORN 4 BEAN SALAD CHOCOLATE CHIP COOKIES</p>	<p>7 BAKED CHICKEN RICE PILAF CALIFORNIA BLEND VEGGIES GARDEN SALAD APRICOTS</p>	<p>8 CABBAGE ROLLS MASHED POTATOES MIXED VEGGIES GARDEN SALAD BANANA PUDDING</p>	<p>9 POLISH SAUSAGE STEAMED POTATOES SAUERKRAUT GREEN PEAS MIXED FRUIT</p>
<p>12 BEEF STROGANOFF OVER NOODLES CAPRI VEGGIES GARDEN SALAD JUICY PEARS</p>	<p>13 TURKEY ALA KING STEAMED POTATOES KEY LARGO VEGGIES MIXED FRUIT</p>	<p>14 ♥♥ <u>VALENTINE'S DAY</u> ♥♥ BAKED HAM SWEET POTATOES PEAS &amp; CARROTS FOUR BEAN SALAD PINEAPPLE</p>	<p>15 SLOPPY JOES BAKED BEANS CALIFORNIA BLEND SPICED APPLES</p>	<p>16 CHICKEN FRIED STEAK VEGETABLE SOUP MASHED POTATOES GREEN BEANS MANDARIN ORANGES</p>
<p>19 <u>CLOSED</u></p> 	<p>20 <u>BIRTHDAY DINNER</u> BAKED CHICKEN MASHED POTATOES GREEN BEANS SWEET PEACHES CAKE &amp; ICE CREAM</p>	<p>21 SWEET-N-SOUR PORK FRIED RICE ORIENTAL VEGGIES COLESLAW APPLESAUCE</p>	<p>22 MEATLOAF MASHED POTATOES SWEET CORN 4 BEAN SALAD BLUEBERRY CRISP</p>	<p>23 POTATO SOUP DELI SANDWICHES BAKED BEANS MIXED VEGGIES APRICOTS</p>
<p>26 MONTANA PASTIES PEAS &amp; CARROTS COLESLAW PINEAPPLE</p>	<p>27 BAKED PORK CHOP STEAMED POTATOES KEY LARGO VEGGIES APPLESAUCE BROWNIES</p>	<p>28 TURKEY &amp; RICE CASSEROLE GERMAN VEGETABLES GARDEN SALAD W/BEANS BLUSHING PEARS</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. Suggested donation for 60 years old and over \$4.00 and under 60 years \$7.00.

MEALS ARE SERVED WITH LOW FAT MILK, COFFEE, JUICE, WHOLE GRAIN BREAD AND MARGARINE.