






# AUGUSTA SENIOR CENTER MENU JANUARY, 2018

For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 <u>CLOSED</u></p> 	<p>2 <u>CLOSED</u></p> 	<p>3 SPAGHETTI &amp; MEATBALLS GARLIC BREAD PURPLE BEETS TOSSED SALAD w/BEANS PLUMP PEACHES GARLIC BREAD</p>	<p>4 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE GREEN BEANS TOSSED SALAD GOLDEN PEARS</p>	<p>5 FISH SANDWICH TATER TOTS TOMATO SLICES GARDEN SALAD FRESH ORANGES</p>
<p>8 <u>SENIOR MEETING</u> HAM &amp; EGGS WHOLE WHEAT TOAST SLICED TOMATOES SWEET PEACHES ASSORTED JUICES</p> <p><u>HEARING CLINIC</u></p>	<p>9 <u>BINGO</u> WHITE CHILI CORNBREAD DICED BEETS TOSSED SALAD FRUIT COCKTAIL</p>	<p>10 CHICKEN CACCIATORE BUTTERED NOODLES GREEN BEANS GARDEN SALAD PINEAPPLE</p>	<p>11 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE BROCCOLI SPEARS TOSSED SALAD PEACHES</p>	<p>12 <u>COMMISSIONER'S MEETING</u> PORK ROAST MASHED POTATOES CARROT COINS GARDEN SALAD CRANBERRIES</p>
<p>15 <u>CLOSED</u></p> 	<p>16 <u>BINGO</u> TOMATO SOUP GRILLED CHEESE SANDWICH CARROT STICKS SALAD w/BEANS ORANGE SLICES</p>	<p>17 <u>BIRTHDAY DINNER</u> ITALIAN LASAGNA GARLIC BREAD GREEN BEANS TOSSED SALAD BAKED APPLES</p>	<p>18 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE MIXED VEGETABLES GARDEN SALAD FRUIT CUP</p>	<p>19 STEAK-N-ALL SANDWICH TATER TOTS PICKLED BEETS SALAD w/BEANS GOLDEN PEARS</p>
<p>22 SWEET &amp; SOUR CHICKEN (CARROTS, PEPPERS, PINEAPPLE) BROWN RICE STEAMED BROCCOLI TOSSED SALAD JELLO w/ORANGES</p>	<p>23 <u>BINGO</u> TACO SOUP MIXED SALAD CHIPS &amp; SALSA ZESTY PINEAPPLE</p> <p><u>COMMODITIES</u></p>	<p>24 BAKED MAC &amp; CHEESE WITH HAM GREEN PEAS GARDEN SALAD WHEAT ROLL FRUIT SALAD</p>	<p>25 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE COOKED CARROTS TOSSED SALAD ORANGE SLICES</p>	<p>26 FRENCH DIP TATER TOTS PURPLE BEETS TOSSED SALAD APPLE SLICES</p>
<p>29 CHICKEN STRIPS MASHED POTATOES &amp; GRAVY CAPRI VEGGIES BROCCOLI SALAD JUICY PEARS</p>	<p>30 <u>BINGO</u> CHICKEN NOODLE SOUP CHEESE &amp; CRACKERS TOMATO SLICES GARDEN SALAD PEANUT BUTTER COOKIE</p>	<p>31 MEAT &amp; CHEESE PIZZA DICED BEETS SALAD w/BEANS COTTAGE CHEESE &amp; PEACHES</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 ARE SERVED WITH LOW FAT MILK, COFFEE, JUICE, WHOLE GRAIN BREAD AND MARGARINE.