


TOWNSEND SENIOR CENTER MENU JANUARY, 2018

For Additional Information Call 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CLOSED</p> 	<p>2</p> <p>SALISBURY STEAK STEAMED POTATOES GOLDEN CORN 4 BEAN SALAD BLUEBERRY CRISP</p>	<p>3</p> <p>BBQ RIB BITS BAKED BEANS COLESLAW JUICY PEARS</p>	<p>4</p> <p>BAKED COD RICE PILAF ORIENTAL VEGGIES GARDEN SALAD SPICED APPLES</p>	<p>5</p> <p>SAUSAGE LINKS SCRAMBLED EGGS FRENCH TOAST KEY LARGO VEGGIES MIXED FRUIT FRUIT JUICE</p>
<p>8</p> <p>BEEF STROGANOFF OVER NOODLES PEAS & CARROTS GARDEN SALAD APRICOTS</p>	<p>9</p> <p>ROAST PORK MASHED POTATOES MIXED VEGGIES 4 BEAN SALAD PEANUT BUTTER COOKIES</p>	<p>10</p> <p>BAKED CHICKEN STEAMED POTATOES CALIFORNIA BLEND VEGGIE MANDARIN ORANGES</p>	<p>11</p> <p>BAKED HAM SCALLOPED POTATOES CAPRI VEGGIES GARDEN SALAD PEACH CRISP</p>	<p>12</p> <p>CHILI CON CARNE CORNBREAD CHEESE SLICES COLESLAW APPLESAUCE CINNAMON ROLLS</p>
<p>15</p> <p>CLOSED</p> 	<p>16</p> <p>HAPPY BIRTHDAY PORK CHOPS STEAMED POTATOES GREEN BEANS BAKED APPLES CAKE & ICE CREAM</p>	<p>17</p> <p>TURKEY ALA KING MASHED POTATOES GREEN PEAS 4 BEAN SALAD SWEET PEACHES</p>	<p>18</p> <p>MEATLOAF STEAMED POTATOES SWEET CORN GARDEN SALAD BROWNIES</p>	<p>19</p> <p>CHICKEN FRIED STEAK MASHED POTATOES TOMATO SOUP MIXED VEGGIES PINEAPPLE</p>
<p>22</p> <p>SLOPPY JOES BAKED BEANS PEAS & CARROTS COLESLAW APRICOT HALVES</p>	<p>23</p> <p>BAKED CHICKEN MASHED POTATOES GERMAN VEGGIES MANDARIN ORANGES CHOCOLATE MOUSSE</p>	<p>24</p> <p>HAM & RICE CASSEROLE MIXED VEGGIES TOSSED SALAD APPLESAUCE</p>	<p>25</p> <p>FISH PATTIES KEY LARGO VEGGIES CARROT RAISIN SALAD 4 BEAN SALAD BUTTERSCOTCH BARS</p>	<p>26</p> <p>MONTANA PASTIES VEGETABLE SOUP CALIFORNIA BLEND VEGGIE CRISPY COLESLAW BLUSHING PEARS</p>
<p>29</p> <p>SPAGHETTI W/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GARDEN SALAD MIXED FRUIT</p>	<p>30</p> <p>CHICKEN ALA KING STEAMED POTATOES CAPRI VEGGIES 4 BEAN SALAD ASSORTED CAKES</p>	<p>31</p> <p>SWEDISH MEATBALLS MASHED POTATOES SWEET CORN PINEAPPLE</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.