





FOR RESERVATIONS

CALL 266-3995

**TOWNSEND SENIOR CENTER MENU
JULY 2017**

July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p>  <p>CLOSED</p>	<p>4</p>  <p>CLOSED</p>	<p>5</p> <p>SWEET & SOUR PORK FRIED RICE ORIENTAL VEGGIES GARDEN SALAD MIXED FRUIT</p>	<p>6</p> <p>SALISBURY STEAK STEAMED POTATOES SWEET CORN COLESLAW BUTTERSCOTCH BARS</p>	<p>7</p> <p>LIVER & ONIONS BAKED POTATOES GERMAN VEGGIES 4 BEAN SALAD APRICOTS</p>
<p>10</p> <p>SPAGHETTI & MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GARDEN SALAD PINEAPPLE</p>	<p>11</p> <p>TURKEY ALA KING MASHED POTATOES CALIFORNIA BLEND 4 BEAN SALAD CHOCOLATE MOUSSE</p>	<p>12</p> <p>BUILD YOUR OWN CHEF SALAD (ham, turkey, lettuce, tomato, hard boiled eggs, cheese) CARROT & CELERY STICKS GARDEN PEAS JUICY PEARS</p>	<p>13</p> <p>ROAST PORK MASHED POTATOES GERMAN VEGGIES APPLESAUCE PEANUT BUTTER COOKIES</p>	<p>14</p> <p>HAMBURGER LETTUCE & TOMATOES BAKED BEANS GARDEN SALAD MANDARIN ORANGES</p>
<p>17</p> <p>BEEF TACOS LETTUCE, CHEESE, TOMATOES SOUP CREAM MEXICAN CORN & BEANS PLUMP PEACHES</p>	<p>18</p> <p>HAPPY BIRTHDAY BAKED PORK CHOPS STEAMED POTATOES CAPRI VEGGIES APPLESAUCE CAKE & ICE CREAM</p>	<p>19</p> <p>CHICKEN TENDERS RICE PILAF MIXED VEGGIES COLESLAW APRICOTS</p>	<p>20</p> <p>SWEDISH MEATBALLS STEAMED POTATOES GREEN BEANS BLUEBERRY CRISP</p>	<p>21</p> <p>DELI SANDWICHES POTATO SALAD PICKLED BEETS CARROT COINS PINEAPPLE</p>
<p>24</p> <p>MEATLOAF STEAMED POTATOES PEAS & CARROTS 4 BEAN SALAD APPLESAUCE</p>	<p>25</p> <p>BAKED COD FRIED RICE ORIENTAL VEGETABLES TOSSED SALAD SPICED APPLES</p>	<p>26</p> <p>BAKED CHICKEN STEAMED POTATOES GREEN BEANS MANDARIN ORANGES</p>	<p>27</p> <p>SLOPPY JOES BAKED BEANS CALIFORNIA BLEND COLESLAW BROWNIES</p>	<p>28</p> <p>SAUSAGE LINKS EGG BAKE KEY LARGO VEGGIES SWEET PEACHES ORANGE JUICE</p>
<p>31</p> <p>BBQ RIB BITS BAKED BEANS GREEN BEANS COLESLAW MIXED FRUIT</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.