





# AUGUSTA SENIOR CENTER MENU JULY 2017

For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLOSED  	4 CLOSED  	5 VARIETY PIZZA TOSSED SALAD W/ GARBANZO BEANS SLICED TOMATOES FRESH ORANGES	6 CHEF'S CHOICE ENTRÉE COOKED VEGGIES FRESH SALAD WHEAT ROLLS FRUIT MIX	7 SLOPPY JOES SWEET CORN LETTUCE & TOMATO POTATO CHIPS JUICY PEACHES
10 SENIOR MEETING BEEF STROGANOFF GREEN BEANS GARDEN SALAD WHOLE WHEAT ROLL FRUIT CUP  VISION CLINIC	11 ITALIAN BAKED CHICKEN WITH ZUCCHINI TOSSED SALAD WHEAT ROLLS GOLDEN PEARS	12 SWEET & SOUR PORK BROWN RICE PEPPERS & ONIONS ORIENTAL VEGGIES FRESH ORANGES	13 GRILLED CHEESE & TOMATO SANDWICH GREEN SALAD W/ BEANS DICED BEETS PINEAPPLE	14 <u>COUNTY COMMISSIONERS</u> MEATBALL SANDWICH MIXED GREENS PEA SALAD GRAPE SALAD
17 BREAKFAST CASSEROLE CARROT & RAISIN SALAD SLICED TOMATOES BLUEBERRY MUFFINS ASSORTED JUICE	18 STEAK & EVERYTHING SANDWICH BAKED BEANS SALAD W/ TOMATOES ZESTY PINEAPPLE	19 <u>BIRTHDAY DINNER</u> FISH & CHIPS COLESLAW CUCUMBER & ONION SALAD STRAWBERRIES & CREAM	20 CHEF'S CHOICE ENTRÉE HOT VEGGIES GARDEN SALAD WHEAT ROLLS FRESH ORANGES	21 HAM SLICE SPAGHETTI SALAD TOSSED SALAD WHEAT ROLLS JUICY PEARS
24 CHIPPED BEEF ON TOAST TOSSED SALAD PICKLED BEETS FRUIT SALAD	25 SAUSAGE PEPPER & ONION SANDWICH TOMATO SLICES COLESLAW PINEAPPLE  COMMODITIES	26 CHEF SALAD FRENCH BREAD FROG EYE SALAD GOLDEN PEARS	27 WHITE BEAN CASSEROLE STEAMED CARROTS GARDEN SALAD PEACHES & STRAWBERRY JELLO	28 EGG SALAD SANDWICH SHREDDED LETTUCE & TOMATO SLICES PICKLE CHIPS POTATO CHIPS FRESH ORANGES
31 BEEF TACOS LETTUCE & TOMATOES CORN SALAD ORANGES & JELLO				

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 served with 1% Milk, Orange Juice, Coffee, Wheat Bread and Margarine**