

FOR RESERVATIONS

CALL 266-3995

TOWNSEND SENIOR CENTER MENU JUNE 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BAKED CHICKEN STEAMED POTATOES MIXED VEGETABLES BANANA PUDDING	2 DELI SANDWICH MACARONI SALAD PICKLED BEETS 4 BEAN SALAD JUICY PEARS
5 SPAGHETTI GARLIC BREAD BROCCOLI SPEARS GARDEN SALAD APRICOT HALVES	6 POLISH SAUSAGE STEAMED POTATOES SAUERKRAUT FOUR BEAN SALAD MANDARIN ORANGES CHOCOLATE CHIP COOKIES	7 SAVORY HAM SWEET POTATOES KEY LARGO VEGGIES PINEAPPLE	8 SALISBURY STEAK MASHED POTATOES PEAS & CARROTS APPLE CRISP	9 FISH PATTIES TATER TOTS MIXED VEGGIES 4 BEAN SALAD APPLESAUCE
12 BBQ RIB BITS BAKED BEANS CAPRI VEGGIES CREAMY COLESLAW MIXED FRUIT	13 BEEF STROGANOFF MASHED POTATOES GERMAN BLEND VEGGIES SPICED APPLES CARROT CAKE	14 BAKED TURKEY STEAMED POTATOES KEY LARGO VEGGIES SWEET PEACHES	15 MAKE YOUR OWN CHEF SALAD ham, turkey, beans, cheese lettuce, tomato hard boiled eggs CARROT & CELERY STICKS BLUEBERRY CRISP	16 STAFF TRAINING
19 MEATLOAF STEAMED POTATOES GOLDEN CORN SWEET PEARS	20 <u>HAPPY BIRTHDAY</u> BAKED CHICKEN MASHED POTATOES MIXED VEGGIES BAKED APPLES CAKE & ICE CREAM	21 MONTANA PASTIES CALIFORNIA BLEND 4 BEAN SALAD APPLESAUCE <u>SKEETER THE CLOWN</u>	22 SCRAMBLED EGGS CRISP BACON PANCAKES KEY LARGO BLEND FRESH FRUIT ASSORTED JUICES	23 SWEDISH MEATBALLS MASHED POTATOES STEAMED CARROTS GARDEN SALAD W/GARBANZOS ZESTY PINEAPPLE
26 BAKED COD FRIED RICE GERMAN VEGGIES 4 BEAN SALAD MANDARIN ORANGES	27 BAKED HAM SCALLOPED POTATOES CALIFORNIA BLEND FRUIT SALAD BROWNIES	28 BEEF TACOS (LETTUCE, CHEESE TOMATOES, SOUR CREAM) SPANISH RICE PEACHES	29 SLOPPY JOES GREEN BEANS GARDEN SALAD JUICY PEACHES OATMEAL COOKIES	30 BBQ PORK SANDWICHES BAKED BEANS GARDEN PEAS COLESLAW APRICOTS

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, R.D.N. Cassandra Drynan, R.D.N.

Meals are served with Low Fat Milk, Coffee, Juice, Whole Grain Bread and Margarine.