




TOWNSEND SENIOR CENTER MENU MARCH, 2017

For Additional Information Call 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BAKED CHICKEN STEAMED POTATOES CALIFORNIA BLEND VEGGIES SWEET PEACHES	2 BEEF STROGANOFF OVER EGG NOODLES MIXED VEGETABLES GARDEN SALAD GOLDEN PEARS BUTTERSCOTCH BARS	3 LIVER-N-ONIONS BAKED POTATOES GREEN PEAS CHICKEN & RICE SOUP APRICOTS
6 HUNGARIAN GOULASH BROCCOLI SPEARS GARDEN SALAD W/BEANS GARLIC BREAD APPLESAUCE	7 FISH PATTY FRIED RICE GREEN BEANS COLESLAW BANANA PUDDING	8 CABBAGE ROLLS MASHED POTATOES KEY LARGO VEGETABLES ZESTY PINEAPPLE	9 CHICKEN ALA KING STEAMED POTATOES CALIFORNIA BLEND VEGGIES PEACH CRISP	10 DELI SANDWICH BAKED BEANS PICKLED BEETS POTATO SOUP MANDARIN ORANGES
13 TUNA NOODLE CASSEROLE GOLDEN CORN COLESLAW SWEET PEACHES	14 MEATLOAF MACARONI & CHEESE GREEN BEANS GARDEN SALAD W/BEANS PINEAPPLE OATMEAL COOKIES	15 ROAST PORK STEAMED POTATOES GARDEN PEAS FOUR BEAN SALAD MIXED FRUIT	16 BEEF STEW W/POTATOES & VEGETABLES GARDEN SALAD FRESH BAKED BISCUIT MANDARIN ORANGES COOKIES	17 <u>ST. PATRICK'S DAY</u> CORNED BEEF STEAMED POTATOES CABBAGE & CARROTS VEGETABLE SOUP GREEN PEARS
20 SALISBURY STEAK MASHED POTATOES BUTTER BEETS SWEET PEACHES	21 <u>HAPPY BIRTHDAY</u> BAKED CHICKEN STEAMED POTATOES PEAS & CARROTS SPICED APPLES CAKE & ICE CREAM	22 BAKED COD FRIED RICE ORIENTAL VEGETABLES TOSSED SALAD W/BEANS APRICOTS	23 MONTANA PASTIES GERMAN VEGETABLES COLESLAW FOUR BEAN SALAD BROWNIES	24 SAUSAGE LINKS SCRAMBLED EGGS KEY LARGO VEGETABLES FRENCH TOAST APPLESAUCE JUICE
27 SWEDISH MEATBALLS EGG NOODLES GREEN BEANS GARDEN SALAD W/GARBANZOS PINEAPPLE	28 PORK CHOPS MASHED POTATOES SWEET CORN SPICED APPLES	29 BAKED HAM SWEET POTATOES MIXED VEGGIES SWEET PEACHES	30 SLOPPY JOES BAKED BEANS CARROT COINS CRISPY COLESLAW ASSORTED CAKES	31 BAKED TURKEY MASHED POTATOES CALIFORNIA BLEND VEGGIES VEGETABLE SOUP MIXED FRUIT

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.

Suggested donation for 60 years old and over \$4.00 and under 60 years \$7.00.

MEALS ARE SERVED WITH LOW FAT MILK, COFFEE, JUICE, WHOLE GRAIN BREAD AND MARGARINE.