








# AUGUSTA SENIOR CENTER MENU MARCH, 2018



For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE GREEN BEANS TOSSED SALAD SWEET PEACHES	2 TUNA BUNWICH POTATO CRISPS BEAN SALAD COLESLAW CINNAMON APPLESAUCE
5 DENVER OMELET SCRAMBLE (PEPPERS, ONION, & HAM) HASH BROWNS FRIED APPLES BLUEBERRY MUFFIN ASSORTED JUICES	6 <u>BINGO</u> CREAM OF BROCCOLI SOUP TURKEY CHEDDAR SANDWICH SALAD w/BEANS FRUIT CUP	7 PORCUPINE MEATBALLS BROWN RICE CAPRI VEGGIES GARDEN SALAD PINEAPPLE	8 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE CARROT COINS TOSSED SALAD JELLO w/ORANGES	9 <u>COUNTY COMMISSIONERS</u> BAKED TURKEY BREAD STUFFING BROCCOLI SPEARS PICKLED BEETS VEGGIE SALAD
12 <u>SENIOR MEETING</u> MEATLOAF POTATO CASSEROLE GREEN BEANS GARDEN SALAD PEACHES	13 <u>BINGO</u> TOMATO FLORENTINE SOUP GRILLED CHEESE SALAD w/BEANS PICKLED BEETS	14 CHICKEN & RICE TOSSED SALAD TOMATO/CHICKPEA SALAD FRESH FRUIT	15 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE MALIBU VEGGIES GARDEN SALAD APPLE SLICES	16  <u>ST. PATRICK'S DAY</u>  <u>WII BOWLING</u> CORNED BEEF & CABBAGE LUCKY CARROT COINS VEGGIE SALAD WHOLE GRAIN ROLL GREEN PEARS
19 TUNA NOODLE CASSEROLE GREEN PEAS SALAD w/BEANS APPLESAUCE	20 <u>BINGO</u> VEGETABLE BEEF SOUP WHOLE GRAIN CRACKERS TOSSED SALAD FRUIT SALAD	21 <u>BIRTHDAY DINNER</u> SWEET & SOUR CHICKEN WILD RICE STEAMED BROCCOLI VEGGIE SALAD FRESH ORANGES BIRTHDAY CAKE	22 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE CAPRI VEGGIES GARDEN SALAD WALDORF SALAD	23 CHILI DOG FRENCH FRIES TOSSED SALAD CARROT STICKS GOLDEN PEARS
26 BAKED SPAGHETTI GREEN BEANS TOSSED SALAD GARLIC ROLL FRUIT COCKTAIL	27 <u>BINGO</u> HAM & BEAN SOUP CORNBREAD TOMATO SLICES GARDEN SALAD PINEAPPLE	28 <u>EASTER DINNER</u> BAKED HAM MASHED POTATOES HONEYED CARROTS TOSSED SALAD CRANBERRIES	29 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE BROCCOLI SPEARS VEGGIE SALAD JUICY PEACHES	30 FISH SANDWICH TATER TOTS TOSSED SALAD 3 BEAN SALAD

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.