



TOWNSEND SENIOR CENTER MENU MARCH, 2018
For Additional Information Call 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 SWEDISH MEATBALLS MASHED POTATOES MIXED VEGGIES JUICY PEACHES	2 LIVER-N-ONIONS BEAN SOUP BAKED POTATOES STEAMED CARROTS MIXED FRUIT
5 BBQ PORK BAKED BEANS GREEN BEANS GARDEN SALAD APPLESAUCE	6 FISH PATTY MACARONI & CHEESE GERMAN VEGGIES CRISPY COLESLAW ZESTY PINEAPPLE BUTTERSCOTCH BARS	7 BAKED CHICKEN STEAMED POTATOES CALIFORNIA BLEND VEGGIES APRICOT HALVES	8 BEEF STEW w/POTATOES & VEGETABLES FRESH BAKED BISCUIT 4 BEAN SALAD MANDARIN ORANGES ASSORTED CAKES	9 FRENCH TOAST SCRAMBLED EGGS CRISPY BACON KEY LARGO VEGGIES GOLDEN PEARS ASSORTED JUICE
12 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS COLESLAW PINEAPPLE	13 CAROL'S MEATLOAF MASHED POTATOES SWEET CORN 4 BEAN SALAD SPICED APPLES	14 TURKEY ALA KING BROWN RICE GARDEN PEAS COLESLAW PEACHES	15 BAKED HAM SCALLOPED POTATOES CALIFORNIA BLEND VEGGIES GARDEN SALAD PEANUT BUTTER COOKIES	16 <u>HAPPY ST PATTY'S</u> CORNED BEEF STEAMED POTATOES CABBAGE & CARROTS GARDEN SALAD GREEN PEARS
19 MONTANA PASTIES PEAS & CARROTS COLESLAW MIXED FRUIT	20 <u>HAPPY BIRTHDAY</u> ROAST PORK MASHED POTATOES KEY LARGO VEGGIES APPLESAUCE CAKE & ICE CREAM	21 TUNA CASSEROLE GREEN BEANS COLESLAW MANDARIN ORANGES	22 SLOPPY JOES BAKED BEANS CALIFORNIA BLEND VEGGIES 4 BEAN SALAD APPLE CRISP	23 CHICKEN FRIED STEAK VEGETABLE SOUP STEAMED POTATOES MIXED VEGGIES APRICOTS
26 BEEF STROGANOFF OVER EGG NOODLES KEY LARGO VEGGIES GARDEN SALAD SWEET PEACHES	27 POLISH SAUSAGE w/SAUERKRAUT STEAMED POTATOES BAKED BEANS MANDARIN ORANGES BROWNIES	28 SALISBURY STEAK MASHED POTATOES PEAS & CARROTS 4 BEAN SALAD PINEAPPLE	29 BAKED CHICKEN STEAMED POTATOES GREEN BEANS SPICED APPLES CHOCOLATE MOUSSE	30 BAKED COD FRIED RICE TOMATO SOUP ORIENTAL VEGGIES 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.