



# AUGUSTA SENIOR CENTER MENU MARCH, 2017

For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 PASTIES WITH GRAVY MIXED VEGETABLES TOSSED SALAD SWEET PEACHES	2 <u>WII BOWLING</u> CHEF'S CHOICE CASSEROLE GREEN SALAD TOMATOES W/BEANS PICKLED BEETS	3 CHEESE BURGER LETTUCE & TOMATOES TATER TOTS COLESLAW ORANGES
6 BAKED SPAGHETTI BREAD STICK GREEN SALAD GOLDEN CORN PEACHES	7 <u>BINGO</u> BEAN & BACON SOUP CORNBREAD PICKLED BEETS TOSSED SALAD TOMATOES  <u>COSTCO VISIT</u>	8 SHEPHERD'S PIE GREEN BEANS GARDEN SALAD TOMATOES W/BEANS	9 <u>WII BOWLING</u> HAM & CHEESE SANDWICH BUTTER BEETS TOSSED SALAD POTATO CHIPS FRUITED JELLO	10 <u>COUNTY COMMISSIONERS</u> BAKED CHICKEN CORN/ZUCCHINI/TOMATOES GREEN SALAD WHOLE WHEAT ROLL FRUIT COCKTAIL
13 <u>SENIOR MEETING</u> SERBIAN EGGS SAUSAGE PATTY HASH BROWNS TOMATO SLICES FRUIT SALAD	14 <u>BINGO</u> MINESTRONE SOUP GRILLED CHEESE GARDEN SALAD PINEAPPLE PIE  <u>NATIONAL PI DAY</u>	15 <u>BIRTHDAY DINNER</u> SWEET-N-SOUR PORK BROWN RICE ORIENTAL VEGETABLES TOSSED SALAD FRESH ORANGES CAKE	16 CHEF'S CHOICE CASSEROLE DICED BEETS SALAD W/BEANS WHOLE WHEAT ROLL APPLES	 17 <u>ST. PATRICK'S DAY</u>  <u>WII BOWLING</u> CORNED BEEF & CABBAGE IRISH POTATOES LUCKY CARROT COINS LIME JELLO W/PEARS
20 SALISBURY STEAK MASHED POTATOES GREEN PEAS TOSSED SALAD APPLE SLICES	21 <u>BINGO</u> MEATBALL SOUP BREAD STICK GARDEN SALAD DICED BEETS FRUIT SALAD COOKIE	22 CHICKEN SPINACH PASTA BAKE GREEN SALAD BREAD STICK PINEAPPLE	23 <u>WII BOWLING</u> SPANISH RICE BAKE PINTO BEANS LETTUCE & TOMATOES ORANGES	24 FISH SANDWICH TATER TOTS PICKLED BEETS COLESLAW GOLDEN PEARS
27 CHICKEN STRIPS TATER TOTS GARDEN SALAD TOMATO SLICES PEACHES	28 <u>BINGO</u> SPLIT PEA SOUP CRACKERS COTTAGE CHEESE DICED BEETS TOSSED SALAD PINEAPPLE  <u>COMMODITIES</u>	29 PORCUPINE MEATBALLS MASHED POTATOES GREEN BEANS GREEN SALAD WHEAT ROLL	30 <u>WII BOWLING</u> CHEF'S CHOICE CASSEROLE STEAMED CARROTS GARDEN SALAD WHOLE GRAIN ROLL JUICY PEARS	31 BBQ PORK ON A BUN BAKED BEANS TOMATO SLICES MIXED GREENS FRUIT 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.