





# FOR RESERVATIONS

CALL 266-3995

# TOWNSEND SENIOR CENTER MENU

## May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-1- SPAGHETTI W/ MEAT SAUCE BROCCOLI SPEARS GARDEN SALAD GARLIC BREAD GOLDEN PEARS	-2- BAKED HAM SWEET POTATOES KEY LARGO VEGETABLES 4 BEAN SALAD SPICE CAKE	-3- CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS APRICOTS	-4- BEEF TACOS LETTUCE,CHEESE,TOMATOES MEXICAN CORN MANDARIN ORANGES OATMEAL COOKIE	-5- LIVER & ONIONS BAKED POTATOES CAPRI VEGETABLES 4 BEAN SALAD PINEAPPLE
-8- BBQ RIBS PEAS & CARROTS BAKED BEANS COLESLAW APPLESAUCE	-9- BAKED CHICKEN MASHED POTATOES CAPRI VEGGIES 4 BEAN SALAD BANANA PUDDING	-10- SALISBURY STEAK STEAMED POTATOES GARDEN PEAS GARDEN SALAD MIXED FRUIT	-11- BAKED COD FRIED RICE ORIENTAL VEGGIES DICED BEETS APRICOT HALVES BUTTERSCOTCH BARS	-12- LINK SAUSAGE FRENCH TOAST SCRAMBLED EGGS KEY LARGO VEGGIES SWEET PEACHES FRUIT JUICE
-15- BEEF STROGANOFF OVER NOODLES CALIFORNIA BLEND GARDEN SALAD MANDARIN ORANGES	-16- <u>HAPPY BIRTHDAY</u> ROAST PORK STEAMED POTATOES GERMAN VEGETABLES SPICED APPLES CAKE & ICE CREAM	-17- CABBAGE ROLLS MASHED POTATOES MIXED VEGETABLES JUICY PEARS	-18- TURKEY ALA KING STEAMED POTATOES CARROTS & PEAS 4 BEAN SALAD PEANUT BUTTER COOKIES	-19- <u>CLOSED</u>  ALL STAFF DAY 
-22- MEATLOAF STEAMED POTATOES GOLDEN CORN 4 BEAN SALAD APRICOTS	-23- FISH PATTIES POTATO SALAD GREEN PEAS BLUEBERRY CRISP	-24- MONTANA PASTIES GREEN BEANS CRISPY COLESLAW PINEAPPLE	-25- BAKED CHICKEN RICE PILAF CAPRI VEGGIES TOSSED SALAD SPICED APPLES	-26- HAM SALAD SANDWICH BAKED BEANS PICKLED BEETS COLESLAW APPLESAUCE
-29- <u>CLOSED MEMORIAL DAY</u> 	-30- BAKED PORK CHOP STEAMED POTATOES KEY LARGO VEGGIES 4 BEAN SALAD	-31- SLOPPY JOES MACARONI SALAD GERMAN VEGGIES GARDEN SALAD PLUMP PEACHES		

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.