

**FOR RESERVATIONS**  
CALL 266-3995

# TOWNSEND SENIOR CENTER MENU

## NOVEMBER 2017



| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
|                                        |    | <p>1<br/>SALISBURY STEAK<br/>STEAMED POTATOES<br/>MIXED VEGETABLES<br/>MANDARIN ORANGES</p> | <p>2<br/>BAKED COD<br/>FRIED RICE<br/>KEY LARGO VEGGIES<br/>DICED BEETS<br/>SPICED APPLES</p>                     | <p>3<br/>CHILI CON CARNE<br/>CHEESE SLICES<br/>CORNBREAD<br/>COLESLAW<br/>JUICY PEARS<br/>CINNAMON ROLLS</p>                  |
| <p>6<br/>CHICKEN FRIED STEAK<br/>MASHED POTATOES<br/>GREEN PEAS<br/>GARDEN SALAD W/BEANS<br/>APPLESAUCE</p>             | <p>7<br/>BAKED HAM<br/>SCALLOPED POTATOES<br/>CAPRI VEGGIES<br/>COLESLAW<br/>BUTTERSCOTCH BARS</p>  | <p>8<br/>CABBAGE ROLLS<br/>MASHED POTATOES<br/>CALIFORNIA BLEND VEGGIES<br/>PINEAPPLE</p>   | <p>9<br/>CHICKEN ALA KING<br/>STEAMED POTATOES<br/>GREEN BEANS<br/>APPLE CRISP</p>                                | <p>10<br/><u>CLOSED VETERAN'S DAY</u></p>  |
| <p>13<br/>SWEDISH MEATBALLS<br/>WITH NOODLES<br/>CALIFORNIA BLEND VEGGIE<br/>4 BEAN SALAD<br/>SWEET PEACHES</p>         | <p>14<br/><u>HAPPY BIRTHDAY</u><br/>BAKED CHICKEN<br/>MASHED POTATOES<br/>GERMAN VEGETABLES<br/>BAKED APPLES<br/>CAKE &amp; ICE CREAM</p>                   | <p>15<br/>FISH PATTIES<br/>RICE PILAF<br/>GOLDEN CORN<br/>COLESLAW<br/>MIXED FRUIT</p>      | <p>16<br/>ROAST PORK<br/>MASHED POTATOES<br/>STEAMED BROCCOLI<br/>PINEAPPLE</p>                                   | <p>17<br/>TATER TOT CASSEROLE<br/>VEGETABLE SOUP<br/>PEAS &amp; CARROTS<br/>APRICOT HALVES</p>                                |
| <p>20<br/>SPAGHETTI W/MEAT SAUCE<br/>GARLIC BREAD<br/>BROCCOLI SPEARS<br/>GARDEN SALAD W/BEANS<br/>MANDARIN ORANGES</p> | <p>21<br/><u>HAPPY THANKSGIVING DINNER</u><br/>BAKED TURKEY<br/>MASHED POTATOES<br/>BREAD STUFFING<br/>MIXED VEGETABLES<br/>CRANBERRIES<br/>PUMPKIN PIE</p> | <p>22<br/>MONTANA PASTY<br/>GERMAN VEGETABLES<br/>COLESLAW<br/>APPLESAUCE</p>               | <p>23<br/><u>CLOSED</u></p>  | <p>24<br/><u>CLOSED</u></p>              |
| <p>27<br/>MEAT LOAF<br/>MASHED POTATOES<br/>MIXED VEGETABLES<br/>GARDEN SALAD<br/>GOLDEN PEARS</p>                      | <p>28<br/>BAKED PORK CHOPS<br/>STEAMED POTATOES<br/>CAPRI VEGETABLES<br/>BAKED BEANS<br/>BROWNIES</p>   | <p>29<br/>BAKED CHICKEN<br/>MASHED POTATOES<br/>KEY LARGO VEGETABLES<br/>MIXED FRUIT</p>    | <p>30<br/>BEEF STEW<br/>BISCUITS<br/>COLESLAW<br/>BLUEBERRY CRISP</p>   |    |

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.**