



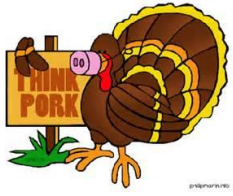



AUGUSTA SENIOR CENTER MENU NOVEMBER 2017

For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CHICKEN ALA KING OVER TOAST GREEN PEAS GARDEN SALAD TOMATO SLICES	2 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE BROCCOLI SPEARS TOSSED SALAD JUICY PEACHES	3 FISH & CHIPS GREEN SALAD W/BEANS TOMATO SALAD LEMON JELLO W/FRUIT COCKTAIL
6 CHICKEN & RICE CARROT SALAD GREEN SALAD LIME JELLO W/PEARS	7 <u>BINGO</u> TUSCAN SAUSAGE & POTATO SOUP GARLIC BREAD DICED BEETS GARDEN SALAD & TOMATOES <u>COMMODITIES</u>	8 PORK CHOPS SWEET POTATOES CAPRI VEGETABLES GREEN SALAD CRANBERRIES	9 <u>WII BOWLING</u> SLOPPY JOES TATER TOTS 3 BEAN SALAD TOSSED SALAD w/TOMATOES	10 <u>CLOSED – VETERAN'S DAY</u> 
13 <u>SENIOR MEETING</u> SWEET-N-SOUR CHICKEN BROWN RICE STEAMED BROCCOLI VEGGIE SALAD FRESH ORANGES <u>HEARING CLINIC</u>	14 <u>BINGO</u> CREAM OF BROCCOLI & CHICKEN SOUP CHEESE & CRACKERS GREEN SALAD APPLE SLICES	15 <u>THANKSGIVING DINNER</u> TURKEY-N-STUFFING MASHED POTATOES GARDEN SALAD CRANBERRIES PUMPKIN DESSERT	16 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE CAPRI VEGETABLES GREEN SALAD GOLDEN PEARS	17 MEATBALL SANDWICH POTATO CHIPS TOSSED GREENS BEAN SALAD FRUIT CUP
20 SCRAMBLED EGGS TRASHY HASH BROWNS TOMATOES CINNAMON APPLES FRUIT JUICE	21 <u>BINGO</u> MEATBALL SOUP BREADSTICK CARROT STICKS TOSSED SALAD PINEAPPLE	22 CHIPPED BEEF ON TOAST SWEET CORN SALAD W/BEANS FRESH ORANGES	23 <u>CLOSED</u> 	24 <u>CLOSED</u> 
27 CHICKEN STRIPS TATER TOTS PICKLED BEETS GREEN SALAD BLUSHING PEARS	28 <u>BINGO</u> CHILI CON CARNE CORNBREAD GARDEN SALAD TOMATO & ONION SALAD FRESH ORANGES	29 <u>BIRTHDAY DINNER</u> SALISBURY STEAK MASHED POTATOES CAPRI VEGETABLES GREEN SALAD RELISH TRAY	30 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE CARROT COINS TOSSED SALAD SWEET 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, RDN, Cassandra Drynan, RDN

Meals are served with Low Fat Milk, Coffee, Juice, Whole Grain Bread and Margarine.