



AUGUSTA SENIOR CENTER MENU OCTOBER 2017

For Additional Information call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 TATERTOT CASSEROLE GREEN BEANS GARDEN SALAD FRESH TOMATOES	3 <u>BINGO</u> CHICKEN NOODLE SOUP CHEESE & CRACKERS GREEN SALAD CARROT SALAD APPLE SLICES	4 RASPBERRY CHICKEN WILD RICE CAPRI VEGETABLES SALAD W/BEANS PEARS & COTTAGE CHEESE	5 <u>WII BOWLING</u> SPAGHETTI W/MEATBALLS BREADSTICK GOLDEN CORN TOSSED SALAD PEACHES W/RASPBERRY JELLO	6 HOT HAM & CHEESE SANDWICH TATER TOTS DICED BEETS GREEN SALAD 3 BEAN SALAD
9 <u>SENIOR MEETING</u> TERIYAKI CHICKEN BROWN RICE ORIENTAL VEGETABLES TOSSED SALAD FRESH ORANGES <u>HEARING AID CLINIC</u>	10 <u>BINGO</u> SHEPHERD'S PIE GREEN BEANS PICKLED BEETS GARDEN SALAD	11 PORK ROAST MASHED POTATOES STEAMED BROCCOLI GREEN SALAD CINNAMON APPLES	12 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE MIXED VEGETABLES GARDEN SALAD BLUSHING PEARS	13 <u>COMMISSIONERS</u> <u>MEETING</u> BBQ CHICKEN POTATO SALAD BAKED BEANS GREEN SALAD FRUIT CUP
16 PANCAKES BREAKFAST SAUSAGE FRESH TOMATO SLICES MIXED FRUIT ASSORTED JUICES	17 <u>BINGO</u> WHITE CHILI CORNBREAD MIXED GREENS TOMATO SALAD APPLESAUCE	18 <u>BIRTHDAY LUNCH</u> HOT TURKEY SANDWICH MASHED POTATOES STEAMED CARROTS GREEN SALAD PINEAPPLE	19 <u>WII BOWLING</u> TUNA NOODLE CASSEROLE GREEN PEAS PICKLED BEETS MIXED GREENS PEAR SALAD	20 FRENCH DIP POTATO CHIPS SALAD W/BEANS TOMATO SLICES ORANGES W/ STRAWBERRY JELLO
23 CHICKEN SPINACH PASTA BAKE PICKLED BEETS GREEN BEANS TOSSED SALAD	24 <u>BINGO</u> MINISTRONE GRILLED CHEESE w/ TOMATO SANDWICH GREEN SALAD FRESH ORANGES	25 MEATLOAF SCALLOPED POTATOES BROCCOLI SPEARS DICED BEETS GREEN SALAD	26 <u>WII BOWLING</u> CHEF'S CHOICE ENTRÉE MIXED VEGETABLES GARDEN SALAD JUICY PEARS	27 MALIBU CHICKEN SANDWICH TOMATO & BEAN SALAD GREEN SALAD FRUIT COCKTAIL
30 MEXICAN TACOS REFRIED BEANS CORN SALAD GREEN SALAD W/TOMATOES ORANGE SLICES	31 <u>BINGO</u> BEEF STEW CHEDDAR BISCUIT 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.