

FOR RESERVATIONS
CALL 266-3995

TOWNSEND SENIOR CENTER MENU

OCTOBER, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SPAGHETTI W/MEAT SAUCE BROCCOLI SPEARS GARDEN SALAD GARLIC BREAD GOLDEN PEARS	3 BAKED HAM SWEET POTATOES KEY LARGO VEGGIES 4 BEAN SALAD CHOCOLATE CHIP COOKIES	4 BAKED CHICKEN RICE PILAF MIXED VEGGIES TOSSED SALAD MANDARIN ORANGES	5 SALISBURY STEAK STEAMED POTATOES GREEN BEANS APRICOT HALVES BUTTERSCOTCH BARS	6 BBQ PORK RIBS BAKED BEANS PEAS & CARROTS COLESLAW APPLESAUCE
9 TUNA CASSEROLE GARDEN PEAS GARDEN SALAD PINEAPPLE	10 CABBAGE ROLLS MASHED POTATOES GERMAN VEGETABLES 4 BEAN SALAD SPICED APPLES	11 SWEET & SOUR PORK FRIED RICE ORIENTAL VEGGIES SWEET CORN JUICY PEACHES	12 TURKEY A LA KING MASHED POTATOES CALIFORNIA BLEND VEGGIES 4 BEAN SALAD BLUEBERRY CRISP	13 BEEF STEW FRESH BAKED BISCUITS CRISPY COLESLAW FRUIT SALAD
16 SWEDISH MEATBALLS EGG NOODLES GOLDEN CORN 4 BEAN SALAD MIXED FRUIT	17 <u>HAPPY BIRTHDAY</u> BAKED PORK CHOPS MASHED POTATOES GREEN BEANS BAKED APPLES CAKE & ICE CREAM	18 MONTANA PASTIES PEAS & CARROTS COLESLAW BLUSHING PEARS	19 BAKED COD FRIED RICE ORIENTAL VEGGIES GARDEN SALAD MANDARIN ORANGES CHOCOLATE CHIP COOKIES	20 SCRAMBLED EGGS & BACON FRENCH TOAST KEY LARGO VEGGIES FRESH FRUIT JUICE
23 MEXICAN TACOS LETTUCE, TOMATOES CHEESE, SOUR CREAM SPANISH RICE REFRIED BEANS APPLESAUCE	24 PORK ROAST STEAMED POTATOES CALIFORNIA VEGGIES PEACH CRISP	25 MEATLOAF MASHED POTATOES GOLDEN CORN PINEAPPLE	26 CHICKEN FRIED STEAK STEAMED POTATOES BROCCOLI SPEARS COLESLAW BROWNIES	27 HAM SALAD SANDWICH VEGETABLE SOUP MIXED VEGGIES MACARONI SALAD SWEET PEACHES
30 BBQ PORK SANDWICH BAKED BEANS CARROT COINS APRICOTS	31 SCARY BIRDS SPOOKY SPUDS GREEN FINGERS GARDEN SALAD ORANGE FACES			

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*

Suggested donation for 60 years old and over \$4.00 and under 60 years \$7.00. Congregate meals are served with Milk, Coffee, Juice, Whole Grain Bread and Margarine.