

AUGUSTA SENIOR CENTER MENU

SEPTEMBER, 2017

For Additional Information Call 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>REUBEN SANDWICH TOMATOES & PICKLES POTATO CHIPS TOSSED SALAD FRUIT CUP</p>
<p>4</p> <p>CLOSED</p> 	<p>5</p> <p><u>BINGO</u> MEATBALLS & GRAVY MASHED POTATOES GREEN BEANS PICKLED BEETS TOSSED SALAD W/BEANS</p>	<p>6</p> <p>PEKING CHICKEN WILD RICE ORIENTAL VEGGIES GARDEN SALAD FRESH ORANGES</p>	<p>7</p> <p><u>WII BOWLING</u> SCRAMBLED EGGS & SAUSAGE TOMATO SALAD CARROT RAISIN SALAD BAKED BISCUITS FRUIT JUICE</p>	<p>8</p> <p><u>COMMISSIONER MEETING</u> PORK ROAST SWEET POTATOES TOSSED SALAD CRANBERRIES WHOLE GRAIN ROLLS</p>
<p>11</p> <p><u>SENIOR MEETING</u> ITALIAN STROMBOLI PICKLED BEETS GREEN SALAD PINEAPPLE</p> <p>VISION CLINIC</p>	<p>12</p> <p><u>BINGO</u> TOMATO SOUP GRILLED CHEESE SANDWICH SALAD WITH TOMATOES AND BEANS SWEET PEACHES</p>	<p>13</p> <p>TACO SALAD BAR MEXICAN BEANS LETTUCE & TOMATOES TORTILLA CHIPS FRESH ORANGES</p>	<p>14</p> <p><u>WII BOWLING</u> CHEF'S CHOICE ENTREE GOLDEN CORN TOSSED SALAD FRUIT COCKTAIL</p>	<p>15</p> <p>SAUSAGE W/ONIONS SANDWICH TATER TOTS GREEN SALAD & TOMATOES FRUITED JELLO</p>
<p>18</p> <p>EGG SALAD SANDWICH LETTUCE & TOMATO PEA SALAD APPLES SLICES</p>	<p>19</p> <p><u>BINGO</u> CHICKEN STRIPS TATER TOTS GREEN BEANS TOSSED SALAD FRUIT CUP</p>	<p>20</p> <p><u>BIRTHDAY LUNCH</u> SALISBURY STEAK STEAMED SPINACH POTATO SALAD TOMATOES BIRTHDAY CAKE</p>	<p>21</p> <p><u>WII BOWLING</u> CHICKEN CURRY CASSEROLE W/BROCCOLI BROWN RICE SALAD W/TOMATOES FRESH ORANGES</p>	<p>22</p> <p>FISH SANDWICH TATER TOTS DICED BEETS SALAD W/BEANS PLUMP PEACHES</p>
<p>25</p> <p>VARIETY PIZZA DICED BEETS GARDEN SALAD FRESH ORANGES</p>	<p>26</p> <p><u>BINGO</u> CHICKEN & SAUSAGE JAMBALAYA W/RICE TOSSED SALAD MIXED FRUIT BANANA PUDDING *COMMODITIES*</p>	<p>27</p> <p>PASTY W/GRAVY CAPRI VEGGIES GARDEN SALAD CINNAMON APPLES</p>	<p>28</p> <p><u>WII BOWLING</u> CHEF'S CHOICE ENTREE CARROTS GREEN SALAD JUICY PEARS</p>	<p>29</p> <p>BAKED SPAGHETTI GARLIC BREAD TOSSED SALAD BEAN SALAD PINEAPPLE</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.