




FOR RESERVATIONS

TOWNSEND SENIOR CENTER MENU

CALL 266-3995

September 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 LIVER AND ONIONS BAKED POTATOES MIXED VEGGIES 4 BEAN SALAD PEACHES
4 CLOSED LABOR DAY  Labor Day	5 SPAGHETTI W/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GARDEN SALAD JUICY PEARS BUTTERSCOTCH BARS	6 BAKED CHICKEN STEAMED POTATOES CALIFORNIA BLEND VEGGIES MIXED FRUIT	7 SALISBURY STEAK MASHED POTATOES GOLDEN CORN 4 BEAN SALAD APPLE CRISP	8 DELI SANDWICHES POTATO SALAD PICKLED BEETS APPLESAUCE
11 MONTANA PASTIES GERMAN VEGETABLES GARDEN SALAD PINEAPPLE	12 HAM AND SCALLOPED POTATOES MIXED VEGGIES CARROT RAISIN SALAD OATMEAL COOKIES	13 CABBAGE ROLLS MASHED POTATOES GARDEN PEAS 4 BEAN SALAD APRICOTS	14 MAKE YOUR OWN CHEF SALAD TURKEY, HAM, CHEESE HARD BOILED EGGS, LETTUCE & TOMATOES CARROT & CELERY STICKS BANANA PUDDING	15 SCRAMBLED EGGS LINK SAUSAGE PANCAKES KEY LARGO VEGGIES FRESH FRUIT JUICE
18 HOMEMADE MEATLOAF STEAMED POTATOES SWEET CORN 4 BEAN SALAD GOLDEN PEARS	19 <u>HAPPY BIRTHDAY</u> BAKED CHICKEN MASHED POTATOES CALIFORNIA BLEND VEGGIES APRICOT HALVES CAKE & ICE CREAM	20 SLOPPY JOES BAKED BEANS COLESLAW SWEET PEACHES	21 BAKED COD FRIED RICE ORIENTAL VEGGIES TOSSED SALAD SPICED APPLES	22 BBQ PORK SANDWICH MACARONI SALAD PICKLED BEETS COLESLAW MIXED FRUIT
25 BEEF STROGANOFF GREEN BEANS CARROT COINS APPLESAUCE	26 CHICKEN ALA KING MASHED POTATOES CAPRI VEGGIES BLUEBERRY CRISP	27 MEXICAN TACOS LETTUCE, TOMATO, CHEESE, SOUR CREAM MEXICAN CORN 4 BEAN SALAD PINEAPPLE	28 BAKED PORK CHOPS STEAMED POTATOES GREEN PEAS APPLE RINGS BROWNIES	29 FISH PATTIES TATER TOTS COLESLAW APRICOTS

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.