

FOR RESERVATIONS

TOWNSEND SENIOR CENTER MENU

CALL 266-3995

August 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 HAMBURGER ON A BUN LETTUCE & TOMATO MIXED VEGGIES GARDEN SALAD FRESH FRUIT</p>	<p>2 CHICKEN ALA KING MASHED POTATOES CALIFORNIA VEGGIES APRICOTS</p>	<p>3 POLISH SAUSAGE STEAMED POTATOES CAPRI VEGTABLES JUICY PEACHES BUTTERSCOTCH BARS</p>	<p>4 STROGANOFF PEAS & CARROTS 4 BEAN SALAD PINEAPPLE</p>
<p>7 SPAGHETTI W/MEAT SAUCE STEAMED BROCCOLI GARDEN SALAD GARLIC BREAD APPLESAUCE</p>	<p>8 BAKED CHICKEN RICE PILAF KEY LARGO VEGGIES PICKLED BEETS MIXED FRUIT BANANA PUDDING</p>	<p>9 SWEET-N-SOUR PORK FRIED RICE GARDEN PEAS COLESLAW PEACHES</p>	<p>10 SALISBURY STEAK MASHED POTATOES GREEN BEANS 4 BEAN SALAD CARROT CAKE</p>	<p>11 BBQ PORK SANDWICH BAKED BEANS MIXED VEGETABLES SPAGHETTI SALAD MANDARIN ORANGES</p>
<p>14 FISH PATTIES TATER TOTS GERMAN VEGETABLES 4 BEAN SALAD PEARS</p>	<p>15 <u>HAPPY BIRTHDAY</u> BAKED TURKEY STEAMED POTATOES CALIFORNIA VEGGIES BAKED APPLES CAKE & ICE CREAM</p>	<p>16 SWEDISH MEATBALLS MASHED POTATOES CARROTS MIXED FRUIT</p>	<p>17 MAKE YOUR OWN CHEF SALAD (HAM, TURKEY, BOILED EGGS LETTUCE, TOMATO, CHEESE) CARROT & CELERY STICKS BLUEBERRY CRISP</p>	<p>18 SCRAMBLED EGGS CRISPY BACON FRENCH TOAST KEY LARGO VEGGIES FRESH FRUIT FRUIT JUICE</p>
<p>21 MEATLOAF STEAMED POTATOES GOLDEN CORN 4 BEAN SALAD PINEAPPLE</p>	<p>22 BAKED HAM SWEET POTATOES PEAS & CARROTS COLESLAW SPICED APPLES</p>	<p>23 BAKED PORK CHOPS STEAMED POTATOES GREEN BEANS APPLESAUCE</p>	<p>24 BAKED CHICKEN MASHED POTATOES BROCCOLI SPEARS FRESH FRUIT</p>	<p>25 DELI SANDWICHES POTATO SALAD PICKLED BEETS JUICY PEARS</p>
<p>28 MEXICAN TACOS LETTUCE, TOMATOES CHEESE & SOUR CREAM REFRIED BEANS SPANISH RICE APRICOTS</p>	<p>29 BAKED COD FRIED RICE ORIENTAL VEGGIES GARDEN SALAD PEACHES BROWNIES</p>	<p>30 BBQ RIBLETS TATER TOTS COLESLAW MANDARIN ORANGES</p>	<p>31 SLOPPY JOES BAKED BEANS MACARONI SALAD TOSSED SALAD FRUIT MIX CHOCOLATE CHIP COOKIES</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.*

