


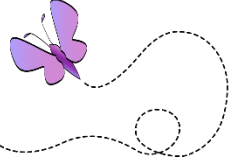



TOWNSEND SENIOR CENTER MENU

APRIL 2017-FOR RESERVATIONS CALL 266-3995

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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|  |  |  |  |  |
| 3 SPAGHETTI W/ MEAT SAUCE BROCCOLI SPEARS GARDEN SALAD w/GARBANZOS GARLIC BREAD APRICOTS | 4 CHICKEN FRIED STEAK MASHED POTATOES GARDEN PEAS BAKED APPLES BUTTERSCOTCH BARS | 5 SWEET N' SOUR PORK FRIED RICE ORIENTAL VEGETABLES CARROT COINS PINEAPPLE | 6 CABBAGE ROLLS MASHED POTATOES CALIFORNIA BLEND MANDARIN ORANGES CHOCOLATE CAKE | 7 DELI SANDWICH TOMATO SOUP BAKED BEANS TATER TOTS APPLESAUCE |
| 10 BEEF STROGANOFF OVER EGG NOODLES GREEN BEANS GARDEN SALAD JUICY PEARS | 11 BAKED CHICKEN MASHED POTATOES MIXED VEGETABLES APRICOT HALVES CHOCOLATE MOUSSE | 12 BAKED FISH PATTY RICE PILAF CAPRI VEGETABLES 4 BEAN SALAD MANDARIN ORANGES | 13 SALISBURY STEAK MASHED POTATOES CORN & PEAS GARDEN SALAD SPICED APPLES | 14 <u>EASTER DINNER</u> BAKED HAM SCALLOPED POTATOES STEAMED CARROTS 4 BEAN SALAD PEACHES |
| 17 MEATLOAF MASHED POTATOES GOLDEN CORN GARDEN SALAD PINEAPPLE | 18 <u>HAPPY BIRTHDAY</u> ROAST TURKEY STEAMED POTATOES MIXED VEGETABLES APRICOT HALVES CAKE & ICE CREAM | 19 SLOPPY JOES BAKED BEANS GERMAN VEGETABLES COLESLAW APPLESAUCE | 20 BAKED COD FRIED RICE ORIENTAL VEGETABLES 4 BEAN SALAD SWEET PEACHES CHOCOLATE CHIP COOKIE | 21 EGG BAKE CRISPY BACON KEY LARGO VEGETABLES GOLDEN PEARS ASSORTED JUICES |
| 24 BAKED PORK CHOPS STEAMED POTATOES ORIENTAL VEGETABLES 4 BEAN SALAD MANDARIN ORANGES | 25 SWEDISH MEATBALLS MASHED POTATOES GREEN BEANS PINEAPPLE BROWNIES | 26 BAKED CHICKEN RICE PILAF PEAS & CARROTS BROCCOLI SPEARS SWEET PEACHES | 27 MONTANA PASTIES GERMAN VEGGIES COLESLAW APPLE CRISP | 28 CHICKEN NOODLE SOUP BBQ PORK ON A BUN BAKED BEANS GARDEN SALAD 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.