

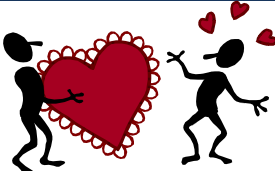


TOWNSEND SENIOR CENTER MENU

February 2012- FOR RESERVATIONS CALL 266-3995

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		-1- POLISH SAUSAGE STEAMED POTATOES GREEN BEANS SAUERKRAUT APPLE CRISP	-2- CABBAGE ROLLS MASHED POTATOES PARSLEY CARROTS APPLESAUCE ASSORTED PIES	-3- TOMATO SOUP GRILLED CHEESE SANDWICH FRENCH FRIES 4 BEAN SALAD PEARS
-6- BREADED VEAL MASHED POTATOES GREEN BEANS PEACHES	-7- SLOPPY JOES KEY LARGO COLESLAW FRUIT COBBLER	-8- ROAST PORK MASHED POTATOES PEAS & CARROTS 4 BEAN SALAD SUGAR COOKIES	-9- <u>HEARING AID</u> BEEF STEW CARROT RAISIN SALAD BISCUITS CHOCOLATE CAKE	-10- CHICKEN NOODLE SOUP HAM SALAD SANDWICH FRENCH FRIES PICKLED BEETS APPLE SAUCE
-13- CHICKEN FRIED STEAK STEAMED POTATOES CAPRI VEGETABLES 4 BEAN SALAD MIXED FRUIT	-14- <u>HAPPY VALENTINE'S DAY</u> ROAST BEEF MASHED POTATOES GINGER CARROTS TOSSED SALAD RICE KRISPIE TREATS	-15- SPAGHETTI/ MEATSAUCE STEAMED BROCCOLI GARLIC BREAD GARDEN SALAD W/ GARBNZOES PEANUT BUTTER COOKIES	-16- ORANGE JUICE BACON FRENCH TOAST, SCRAMBLED EGGS KEY LARGO VEGGIES PEARS & PEACHES	-17- VEGETABLE SOUP CHICKEN A LA KING MASHED POTATOES GARDEN PEAS APRICOTS
-20- CLOSED PRESIDENT'S DAY 	-21- <u>HAPPY BIRTHDAY</u> MEATLOAF STEAMED POTATOES GOLDEN CORN COLESLAW CAKE/ICE CREAM	-22- BAKED PORK CHOPS MASHED POTATOES MIXED VEGGIES BEAN SALAD SPICED APPLES	-23- CHILI W/ BEANS CHEESE SLICES CARROT RAISIN SALAD CORN BREAD APRICOTS CINNAMON ROLLS	-24- POTATO SOUP CHICKEN PATTIES ON BUN GREEN SALAD PICKLED BEETS PINEAPPLE
-27- BEEF STROGONOFF NOODLES PEAS & CARROTS 4 BEAN SALAD PEARS	-28- BAKED CHICKEN MASHED POTATOES CAPRI VEGGIES GARDEN SALAD CRANBERRIES	-29- SALISBURY STEAK STEAMED POTATOES GOLDEN CORN CABBAGE SLAW BUTTERSCOTCH BARS		

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, Lin Pasch, R.D., Lin Pasch, R.D. *Meals served with 1% Milk, Orange Juice, Coffee, Whole Grain Bread and Margarine