|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **BOULDER SENIOR nutrition menu - OCTOBER, 2024**  *LUNCH SERVED 11:30-12:30* FOR MORE INFORMATION CALL: (406) 225-3656 \*This menu is subject to change due to product availability | | | | |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **[https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcSDW11YLMenDtSOvaDCWpaC_VTMqlqNwudxaz57k97o96fRarNb](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&docid=t2W03cdmC5nORM&tbnid=Dtax5EI0Rum67M:&ved=0CAUQjRw&url=http://www.techfairs.co.uk/events.html&ei=bygGVIXXLevbigKul4C4Ag&bvm=bv.74115972,d.cGE&psig=AFQjCNHlZUoNaNcUVZ-m1lmFe7qJQnsdCg&ust=1409776042235589)** | **1**  **TURKEY ALA KING**  **OVER BISCUITS**  **GREEN BEANS**  **STEAMED CARROTS**  **APRICOTS** | **2**  **HEARTY MEATLOAF**  **MASHED POTATOES**  **FOUR BEAN MEDLEY**  **GARDEN SALAD**  **WHOLE GRAIN BREAD**  **CRANBERRIES** | **3**  **TUNA NOODLE CASSEROLE**  **GREEN PEAS**  **MIXED VEGETABLES**  **BAKED APPLES**  **DESSERT** | **4** |
| **7** | **8**  **BBQ CHICKEN**  **MAC-N-CHEESE**  **SWEET CORN**  **COLESLAW**  **MANDARIN ORANGES** | **9**  **SAUSAGE & EGG CASSEROLE**  **DICED POTATOES**  **MIXED VEGETABLES**  **WHOLE GRAIN BREAD**  **BLUSHING PEARS** | **10**  **MEXICAN TACOS**  **LETTUCE, TOMATO & CHEESE**  **REFRIED BEANS**  **PINEAPPLE**  **DESSERT** | **11** |
| **14**  COLUMBUS DAY | **15**  **ROAST PORK**  **SWEET POTATOES**  **CARROT RAISIN SALAD**  **WHOLE GRAIN ROLL**  **BAKED APPLES** | **16**  **LEMON PEPPER CHICKEN**  **RICE PILAF**  **BROCCOLI SPEARS**  **DICED BEETS**  **FRUIT SALAD** | **17**  **SPAGHETTI & MEAT SAUCE**  **GARLIC BREAD**  **GREEN BEANS**  **SALAD W/GARBANZOS**  **PLUMP PEACHES**  **JELLO** | **18http://ts1.mm.bing.net/th?&id=HN.607994471159564391&w=300&h=300&c=0&pid=1.9&rs=0&p=0** |
| **21** | **22**  **CHICKEN NOODLE CASSEROLE**  **GREEN PEAS**  **STEAMED CARROTS**  **FRUITED JELLO** | **23**  **HAM & BEANS**  **CORN BREAD**  **PURPLE BEETS**  **TOSSED SALAD**  **GOLDEN PEARS** | **24**  **MONTANA PASTIES W/GRAVY**  **GOLDEN CORN**  **COLESLAW**  **FRUIT SALAD** | **25**  *Low fat milk is delivered daily to Home Delivered Meal customers*  *And served daily in the dinner club* |
| **28** | **29**  **HUNGARIAN GOULASH**  **GREEN BEANS**  **DICED BEETS**  **MANDARIN ORANGES**  **DESSERT** | **30**  **CHICKEN ENCHILADAS**  **MEXICAN CORN & PINTO BEANS**  **MIXED VEGETABLES**  **PINEAPPLE** | **31**  **PETRIFYING PORK CHOP**  **PARANORMAL POTATOES**  **BATTY BRUSSELS SPROUTS**  **SPOOKY SALAD**  **DEVILISH DINNER ROLL**  **OMINOUS APPLESAUCE** |  |

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

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 .

**Suggested donation for 60 years old and over $5.00. Required charge for under 60 years $7.00.**