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| **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** | **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.**