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| **AUGUSTA SENIOR NUTRITION MENU - OCTOBER 2024**Lunch is Served from 12:00 - 1:00 ~ For More Information Call: (406) 562-3623\*This menu is subject to change due to product availability |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Related imageImage result for october*Low-fat milk is delivered daily and served daily at the Dinner Club* | **1****BAKED COD****WILD RICE****STEAMED SPINACH** **ROASTED CARROTS****FRUIT SALAD**  | **2****CHICKEN ALA KING****OVER EGG NOODLES****GREEN PEAS****GARDEN SALAD W/BEANS****MANDARIN ORANGES** | **3****UNSTUFFED CABBAGE ROLLS****W/BROWN RICE & BEEF****MIXED VEGETABLE****PLUMP PEACHES** | **4****BBQ PORK SANDWICH****POTATO SALAD****COLESLAW** **PINEAPPLE RINGS****DESSERT** |
| **7****FRENCH TOAST** **SCRAMBLED EGGS** **HASH BROWNS** **VEGETABLE MEDLEY****BLUEBERRIES & YOGURT** | **8****MEATBALLS & GRAVY****RICE PILAF****BUTTER BEETS****BEAN MEDLEY****GOLDEN PEARS** | **9****CHICKEN BAKE** **SWEET CORN****GARDEN SALAD** **WHOLE GRAIN ROLL****CRANBERRIES** | **10****MEAT LASAGNA****GARLIC BREAD****GREEN BEANS****TOSSED SALAD****APRICOT HALVES**  | **11****CHILI DOG** **TATER TOTS****CARROT RAISIN SALAD****FRUITED JELLO** |
| **14****CLOSED** | **15****TUNA NOODLE CASSEROLE****GREEN PEAS****TOSSED SALAD****FRESH FRUIT**  | **16**BIRTHDAY DINNER**SWEET-N-SOUR CHICKEN****FRIED BROWN RICE****BROCCOLI SPEARS****STEAMED CARROTS****MANDARIN ORANGES** **BIRTHDAY CAKE** | **17****SHEPHERD’S PIE****MIXED VEGETABLES****GREEN BEANS****WHOLE GRAIN ROLL****SWEET PEACHES**  | **18****CHEESEBURGER ON A BUN****BAKED BEANS****CARROT & CELERY STICKS****PINEAPPLE**  |
| **21****TATER TOT CASSEROLE****GARDEN PEAS****VEGGIE SALAD****FRUIT COCKTAIL**  | **22****PORK ROAST****SWEET POTATOES****TOSSED SALAD****WHEAT ROLL****SPICED APPLES** | **23****CALICO BEANS** **CORN BREAD****SWEET CORN****VEGETABLE MEDLEY****FRUITED JELLO** | **24****BBQ RIBS****MACARONI SALAD****PURPLE BEETS****COLESLAW****SWEET PEARS** | **25****HOT TURKEY SANDWICH** **MASHED POTATOES****GREEN BEANS****CRANBERRIES**  |
| **28****BISCUITS & SAUSAGE GRAVY** **DICED POTATOES** **CARROT RAISIN SALAD****COTTAGE CHEESE &** **PLUMP PEACHES** | **29****SPAGHETTI W/MEAT SAUCE****GARLIC BREAD****GOLDEN CORN****SPINACH SALAD****APRICOT HALVES** | **30****SALISBURY STEAK** **MASHED POTATOES****DINNER SALAD****WHOLE GRAIN ROLL****FRUIT SALAD**  | **31****TERRIFYING TERIYAKI CHICKEN****PETRIFYING PILAF****CREEPY CAULIFLOWER****BATTY BEAN MEDLEY****MONSTER MANDARINS**  |  |

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.**