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| **BOULDER SENIOR nutrition menu - August 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** |
| http://thumbs.dreamstime.com/z/august-sailboat-958084.jpg |  |  | **1****SPAGHETTI & MEAT SAUCE****GARLIC BREAD****GREEN BEANS****SALAD W/GARBANZOS****PLUMP PEACHES****JELLO** | **2** |
| **5** | **6****CHILI DOG ON A BUN****CARROT COINS****COLESLAW****GOLDEN PEARS** | **7****CHICKEN NOODLE CASSEROLE****GREEN PEAS****TOSSED SALAD****FRUITED JELLO** | **8****MONTANA PASTIES W/GRAVY****GOLDEN CORN****PICKLED BEETS****FRUIT SALAD** | Related image**9** |
| http://ts2.mm.bing.net/th?id=HN.608039327710315891&w=251&h=99&c=7&rs=1&pid=1.7**12** | **13****HUNGARIAN GOULASH****GREEN BEANS****DICED BEETS****MANDARIN ORANGES****DESSERT** | **14****CHICKEN ENCHILADAS****MEXICAN CORN & PINTO BEANS****MIXED VEGETABLES****PINEAPPLE** | **15****BAKED PORK CHOP****OVEN POTATOES** **BRUSSELS SPROUTS****DINNER SALAD****WHOLE GRAIN ROLL****APPLESAUCE**  | **16** |
| **19** | **20****SALISBURY STEAK****MASHED POTATOES****MIXED VEGETABLES****FOUR BEAN MEDLEY****WHOLE GRAIN BREAD****SWEET PEARS** | **21****PARMESAN CHICKEN** **BROWN RICE****GREEN BEANS****CARROT COINS****PLUMP PEACHES** **JELLO** | **22****POLISH DOG ON A BUN****SAUERKRAUT****SWEET CORN****CARROT RAISIN SALAD****BAKED APPLES**  | ***C:\Users\sdonaldson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\YIB7AFNK\pinwheels[1].png*23** |
| **http://ts1.mm.bing.net/th?&id=HN.607993788177123618&w=300&h=300&c=0&pid=1.9&rs=0&p=026** | **27** **SWEDISH MEATBALLS****RICE PILAF****GREEN PEAS****PURPLE BEETS****FRUIT SALAD**  | **28****BBQ PORK RIBS****BAKED BEANS** **COLESLAW****WHOLE GRAIN ROLL****APPLESAUCE** | **29****TURKEY IN GRAVY****MASHED POTATOES** **MIXED VEGETABLES****WHOLE GRAIN BREAD****CRANBERRIES** | **30***Low fat milk is delivered daily to Home Delivered Meal customers**And served daily in the dinner club* |

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.**