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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.**