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| AUGUSTA SENIOR NUTRITION MENU - JULY 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** |
| **1**  **PASTIES W/GRAVY**  **PICKLED BEETS**  **GREEN BEANS**  **PEARS W/COTTAGE CHEESE** | **2**  **SWEET-N-SOUR PORK**  **BROWN RICE**  **STIR FRY VEGETABLES**  **BROCCOLI SLAW**  **PINEAPPLE** | **3**  **CHEESEBURGER ON A BUN**  **BAKED BEANS**  **COLESLAW**  **FRESH FRUIT**  **DESSERT** | **4**  **CLOSED** | **5**  **http://ts4.mm.bing.net/th?&id=HN.608031897403720073&w=300&h=300&c=0&pid=1.9&rs=0&p=0** |
| **8**  **HEARTY MEATLOAF**  **POTATO CASSEROLE**  **BRUSSELS SPROUTS**  **DINNER SALAD**  **HOT WHEAT ROLL**  **FRUIT COCKTAIL** | **9**  **BAKED COD**  **WILD RICE**  **STEAMED SPINACH**  **ROASTED CARROTS**  **FRUIT SALAD** | **10**  **CHICKEN ALA KING**  **OVER EGG NOODLES**  **GREEN PEAS**  **GARDEN SALAD W/BEANS**  **MANDARIN ORANGES** | **11**  **UNSTUFFED CABBAGE ROLLS**  **W/BROWN RICE & BEEF**  **MIXED VEGETABLE**  **PLUMP PEACHES** | **12**  **BBQ PORK SANDWICH**  **POTATO SALAD**  **COLESLAW**  **PINEAPPLE RINGS**  **DESSERT** |
| **15**  **FRENCH TOAST**  **SCRAMBLED EGGS**  **HASH BROWNS**  **VEGETABLE MEDLEY**  **BLUEBERRIES & YOGURT** | **16**  **MEATBALLS & GRAVY**  **RICE PILAF**  **BUTTER BEETS**  **BEAN MEDLEY**  **GOLDEN PEARS** | **17**  BIRTHDAY DINNER  **CHICKEN BAKE**  **SWEET CORN**  **GARDEN SALAD**  **WHOLE GRAIN ROLL**  **CRANBERRIES**  **BIRTHDAY CAKE** | **18**  **MEAT LASAGNA**  **GARLIC BREAD**  **GREEN BEANS**  **TOSSED SALAD**  **APRICOT HALVES** | **19**  **CHILI DOG**  **TATER TOTS**  **CARROT RAISIN SALAD**  **FRUITED JELLO** |
| **22**  **SHEPHERD’S PIE**  **MIXED VEGETABLES**  **GREEN BEANS**  **WHOLE GRAIN ROLL**  **SWEET PEACHES** | **23**  **TUNA NOODLE CASSEROLE**  **GREEN PEAS**  **TOSSED SALAD**  **FRESH FRUIT**  **DESSERT**  *\*COMMODITIES\** | **24**  **SWEET-N-SOUR CHICKEN**  **FRIED BROWN RICE**  **BROCCOLI SPEARS**  **STEAMED CARROTS**  **MANDARIN ORANGES** | **25**  **HAM & SCALLOPED POTATOES**  **GOLDEN CORN**  **DINNER SALAD W/BEANS**  **WHOLE GRAIN BREAD**  **APPLESAUCE** | **26**  **SLOPPY JOES**  **POTATO SALAD**  **BAKED BEANS**  **PINEAPPLE** |
| **29**  **TATER TOT CASSEROLE**  **GARDEN PEAS**  **VEGGIE SALAD**  **FRUIT COCKTAIL** | **30**  **PORK ROAST**  **SWEET POTATOES**  **TOSSED SALAD**  **WHEAT ROLL**  **SPICED APPLES** | **31**  **CALICO BEANS**  **CORN BREAD**  **SWEET CORN**  **VEGETABLE MEDLEY**  **FRUITED JELLO** | **http://ts2.mm.bing.net/th?&id=HN.608033559568058081&w=300&h=300&c=0&pid=1.9&rs=0&p=0** | *Low-fat milk is delivered daily and served daily at 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.**