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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.**