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| https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQKSxIX0kaOSghGVNozXkJrFA7hQrSvr8gJX_gx-loEYXeWZWWAhttps://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcSXHZ-LOkjpIpNAiBVzFm-H8fpq7TZBA8EHL08p4n9MU9UKl0-5OQ**TOWNSEND SENIOR NUTRITION MENU** - **NOVEMBER 2024 *LUNCH IS SERVED FROM 12:00 – 1:00* ~ FOR MORE INFORMATION CALL –** (406) 266-3995 \*This menu is subject to change due to product availability |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | Low-fat milk is delivered dailyand served daily at the **https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQKSxIX0kaOSghGVNozXkJrFA7hQrSvr8gJX_gx-loEYXeWZWWA**Dinner Club |  | **Image result for november clipart** | **1****FISH PATTY** **MACARONI & CHEESE****CARROT COINS****CRISP COLESLAW****PLUMP PEACHES** |
| **4****BEEF STROGANOFF****EGG NOODLES****GERMAN VEGETABLES****CARROT RAISIN SALAD****WHOLE GRAIN BREAD****FRUIT COCKTAIL***COMMODITIES* | **5****CLOSED** | **6****CAROL’S MEATLOAF****MASHED POTATOES W/GRAVY****GOLDEN CORN****GARDEN SALAD****WHOLE GRAIN BREAD** **PLUMP PEACHES** | **7****CHICKEN & RICE CASSEROLE****GREEN PEAS****PURPLE BEETS****WHOLE GRAIN BREAD****MANDARIN ORANGES** | **8****CHICKEN FRIED STEAK****STEAMED POTATOES****GREEN BEANS****TOSSED SALAD****WHOLE GRAIN BREAD****FRUIT CRISP** |
| **11****VETERANS DAY - CLOSED** | **12****PORK CHOPS****MASHED POTATOES****SLICED BEETS****DINNER SALAD w/BEANS****WHOLE GRAIN BREAD****APRICOTS** | **13****CHICKEN ALA KING** **STEAMED POTATOES** **COLESLAW****WHOLE GRAIN BREAD****SWEET PEACHES** | **14****TUNA NOODLE CASSEROLE****GREEN PEAS****CARROT RAISIN SALAD****WHOLE GRAIN BREAD****SWEET PEARS** **DESSERT** | **15****ROAST BEEF DINNER****MASHED POTATOES W/GRAVY****KEY LARGO VEGETABLES****WHOLE GRAIN BREAD****FRUIT COCKTAIL** |
| **18****SALISBURY STEAK****MASHED POTATOES****CALIFORNIA VEGETABLES****WHOLE GRAIN BREAD****MANDARIN ORANGES** | **19**BIRTHDAY DINNER**BAKED COD****RICE PILAF****CARROT COINS****BEAN MEDLEY****WHOLE GRAIN BREAD****FRUIT COCKTAIL****BIRTHDAY CAKE** | **20****SPAGHETTI W/MEAT SAUCE****GREEN BEANS****TOSSED SALAD****GARLIC BREAD****PINEAPPLE**  | **21****BBQ CHICKEN BREAST****WILD RICE****KEY LARGO VEGETABLES****GARDEN SALAD** **WHOLE GRAIN BREAD****SWEET PEACHES** | **22****BAKED HAM** **SCALLOPED POTATOES****GARDEN PEAS****CARROT RAISIN SALAD****WHOLE GRAIN BREAD****CINNAMON APPLESAUCE** |
| **25****HAMBURGER ON A BUN****POTATO TRIANGLES****CARROT COINS****CRISP COLESLAW****JUICY PEARS****DESSERT**  | **26**THANKSGIVING DINNER**ROASTED TURKEY****MASHED POTATOES****GREEN BEANS****WHOLE GRAIN BREAD****PUMPKIN PIE**  | **27****SWEET-N-SOUR PORK****FRIED BROWN RICE****ORIENTAL VEGETABLES****FOUR BEAN SALAD****WHOLE GRAIN BREAD****BAKED APPLES** | **28****CLOSED - THANKSGIVING****https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRJXZhxW0ah7tHkoi0u-3LY8NN3EAaCZWk7MtsxcYqNctjdIcmF** | **29****CLOSED** |

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

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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.**