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| **Related image**Related image **TOWNSEND SENIOR NUTRITION MENU - DECEMBER 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** |
| **2****SWEDISH MEATBALLS****STEAMED POTATOES****GREEN BEANS****TOSSED SALAD****WHOLE GRAIN BREAD****APRICOT HALVES** | **3****BAKED CHICKEN****RICE PILAF****CALIFORNIA VEGETABLES****CARROT RAISIN SALAD****WHOLE GRAIN BREAD****BLUSHING PEARS** | **4****BEEF & VEGGIE STEW****FRESH BAKED BISCUIT****TOSSED SALAD****ZESTY PINEAPPLE****DESSERT** | **5****ROAST PORK****MASHED POTATOES** **KEY LARGO VEGETABLES****DINNER SALAD W/BEANS****WHOLE GRAIN BREAD****BAKED APPLES** | **6****FISH PATTY** **MACARONI & CHEESE****CARROT COINS****CRISP COLESLAW****PLUMP PEACHES** |
| **9****GOULASH** **EGG NOODLES****GERMAN VEGETABLES****CARROT RAISIN SALAD****WHOLE GRAIN BREAD****FRUIT COCKTAIL** | **10****BBQ PORK RIBS** **CORN BREAD****BAKED BEANS****CRISP COLESLAW****APPLESAUCE** | **11****CAROL’S MEATLOAF****MASHED POTATOES W/GRAVY****GOLDEN CORN****GARDEN SALAD****WHOLE GRAIN BREAD** **PLUMP PEACHES** | **12****CHICKEN & RICE CASSEROLE****GREEN PEAS****PURPLE BEETS****WHOLE GRAIN BREAD****MANDARIN ORANGES** | **13****CHICKEN FRIED STEAK****STEAMED POTATOES****GREEN BEANS****TOSSED SALAD****WHOLE GRAIN BREAD****FRUIT CRISP** |
| **16****SLOPPY JOES ON A BUN****BAKED BEANS****CREAMY COLESLAW****FRESH FRUIT** | **17**BIRTHDAY DINNER**PORK CHOPS****STEAMED POTATOES****SLICED BEETS****DINNER SALAD w/BEANS****WHOLE GRAIN BREAD****APRICOTS****BIRTHDAY CAKE**  | **18****CHICKEN ALA KING** **MASHED POTATOES****GREEN BEANS****GARDEN SALAD****WHOLE GRAIN BREAD****PLUMP PEACHES**  | **19****TUNA NOODLE CASSEROLE****GREEN PEAS****CARROT RAISIN SALAD****WHOLE GRAIN BREAD****SWEET PEARS**  | **20****MONTANA PASTIES****KEY LARGO VEGETABLES****TOSSED SALAD****WHOLE GRAIN BREAD****FRUIT COCKTAIL** |
| **23**HOLIDAY DINNER**BAKED HAM****MASHED POTATOES****CALIFORNIA VEGETABLES****WHOLE GRAIN BREAD****CHERRY PIE** | **24****CLOSED****Related image** | **25****CLOSED** | **26****BBQ CHICKEN BREAST****WILD RICE****KEY LARGO VEGETABLES****GARDEN SALAD** **WHOLE GRAIN BREAD****SWEET PEACHES** | **27****POLISH SAUSAGE** **W/SAUERKRAUT****STEAMED POTATOES****CARROT RAISIN SALAD****WHOLE GRAIN BREAD** |
| **30****SWEET-N-SOUR PORK****FRIED BROWN RICE****ORIENTAL VEGETABLES****FOUR BEAN SALAD****WHOLE GRAIN BREAD****BAKED APPLES** | **31****ROASTED TURKEY****MASHED POTATOES** **PURPLE BEETS****CARROT RAISIN SALAD****WHOLE GRAIN BREAD****SWEET PEACHES** |  |  | Low-fat milk is delivered daily**Related image**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.**