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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.**