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| **BOULDER SENIOR nutrition menu - December, 2024**  *LUNCH SERVED 11:30-12:30* FOR MORE INFORMATION CALL: (406) 225-3656 \*This menu is subject to change due to product availability | | | | |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **2**  [https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcQlbiSlF8WYl07sSVWRWngvN1FDbADAVn6GNEaumQH-7Edu79Ku](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRw&url=http://livetochangetheworld.blogspot.com/2012_11_01_archive.html&ei=pR5AVNvPGOGjigLM-4CAAQ&psig=AFQjCNFLM3PSHwN5nMx1nOBXk4xrmrqbLA&ust=1413574625881839) | **3**  **SHEPARD’S PIE**  **SWEET CORN**  **CARROT RAISIN SALAD**  **WHOLE GRAIN BREAD**  **GOLDEN PEARS** | **4**  **BBQ PORK ON A BUN**  **BAKED BEANS**  **COLESLAW**  **APPLESAUCE**  **JELLO** | **5**  **SAUSAGE & EGG CASSEROLE**  **DICED POTATOES**  **MIXED VEGETABLES**  **WHOLE GRAIN BREAD**  **FRUIT SALAD** | **6**  [https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcQlbiSlF8WYl07sSVWRWngvN1FDbADAVn6GNEaumQH-7Edu79Ku](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRw&url=http://livetochangetheworld.blogspot.com/2012_11_01_archive.html&ei=pR5AVNvPGOGjigLM-4CAAQ&psig=AFQjCNFLM3PSHwN5nMx1nOBXk4xrmrqbLA&ust=1413574625881839) |
| **9** | **10**  **TATER TOT CASSEROLE**  **GREEN PEAS**  **STEAMED CARROTS**  **WHOLE GRAIN BREAD**  **MIXED FRUIT** | **11**  **CHICKEN & VEGGIE STIR FRY**  **BROWN RICE**  **DINNER SALAD**  **PLUMP PEACHES** | **12**  **MEXICAN TACOS**  **LETTUCE, TOMATO & CHEESE**  **REFRIED BEANS**  **PINEAPPLE**  **DESSERT** | **13** |
| **16**  Image result for christmas clipart | **17**  **TURKEY ALA KING**  **OVER BISCUITS**  **GREEN BEANS**  **STEAMED CARROTS**  **APRICOTS** | **18**  HOLIDAY DINNER  **BAKED HAM**  **SWEET YAMS**  **BRUSSELS SPROUTS**  **WHOLE GRAIN ROLL**  **SPICED APPLES**  **DESSERT** | **19**  **TUNA NOODLE CASSEROLE**  **GREEN PEAS**  **MIXED VEGETABLES**  **MANDARIN ORANGES** | **20** |
| **23** | **24**  **CLOSED** | **25**  **CLOSED** | **26**  **HEARTY MEATLOAF**  **MASHED POTATOES**  **FOUR BEAN MEDLEY**  **GARDEN SALAD**  **WHOLE GRAIN BREAD**  **CRANBERRIES**  **DESSERT** | **27** |
| **30** | **31**  **ROAST PORK**  **SWEET POTATOES**  **CARROT RAISIN SALAD**  **WHOLE GRAIN ROLL**  **BAKED APPLES** |  |  | *Low fat milk is delivered daily to Home Delivered Meal customers*  *And served daily in 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.**