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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 | **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 |
| **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.**