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| **TOWNSEND SENIOR NUTRITION MENU - JULY 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** |
| **1****MONTANA PASTIES****BROCCOLI & CAULIFLOWER****TOSSED SALAD****APRICOTS****DESSERT**  | **2****CHICKEN ALA KING** **STEAMED POTATOES****KEY LARGO VEGETABLES****TOSSED SALAD W/BEANS****WHOLE GRAIN BREAD****GOLDEN PEARS**  | **3****BBQ PORK RIBS****MACARONI SALAD****SWEET CORN****PICKLED BEETS****WHOLE GRAIN BREAD****FRESH FRUIT**  | **4****CLOSED** | **5****http://ts2.mm.bing.net/th?&id=HN.608033559568058081&w=300&h=300&c=0&pid=1.9&rs=0&p=0CLOSED** |
| **8** **BEEF STROGANOFF****EGG NOODLES****GERMAN VEGETABLES****CARROT RAISIN SALAD****WHOLE GRAIN BREAD****FRUIT COCKTAIL** | **9** **FISH PATTY ON A BUN****GREEN PEAS****COLESLAW****MANDARIN ORANGES**  | **10****CHEF SALAD****CARROT & CELERY STICKS****WHOLE GRAIN BREAD****PINEAPPLE****DESSERT** | **11****BBQ CHICKEN BREAST****WILD RICE****KEY LARGO VEGETABLES****GARDEN SALAD w/BEANS****WHOLE GRAIN BREAD****APPLESAUCE** | **12****CABBAGE ROLLS****MASHED POTATOES****GREEN BEANS****WHOLE GRAIN BREAD****APRICOT HALVES** |
| **15****CAROL’S MEATLOAF****MASHED POTATOES W/GRAVY****CALIFORNIA VEGETABLES****GARDEN SALAD****WHOLE GRAIN BREAD** **PLUMP PEACHES** | **16**BIRTHDAY DINNER**BAKED CHICKEN****RICE PILAF****STEAMED CARROTS****DINNER SALAD****WHOLE GRAIN BREAD****BLUSHING PEARS****BIRTHDAY CAKE** | **17****BEEF TACOS****CHEESE & SOUR CREAM****LETTUCE & TOMATO** **MEXICAN CORN & BEANS****ZESTY PINEAPPLE** | **18****ROAST BEEF****MASHED POTATOES****GREEN BEANS****TOSSED SALAD****WHOLE GRAIN ROLL****BAKED APPLES** | **19****DELI SANDWICH****POTATO SALAD****PICKLED BEETS****FRUIT COCKTAIL** |
| **22****BAKED HAM****SCALLOPED POTATOES****GARDEN PEAS****GARDEN SALAD****WHOLE GRAIN BREAD****CINNAMON APPLESAUCE***\*COMMODITIES\** | **23****SLOPPY JOES ON A BUN****BAKED BEANS****CREAMY COLESLAW****JUICY PEARS** **DESSERT** | **24****ROASTED TURKEY****MASHED POTATOES****GREEN BEANS****CARROT RAISIN SALAD****WHOLE GRAIN BREAD****PLUMP PEACHES** | **25****SWEET-N-SOUR PORK****FRIED BROWN RICE****BROCCOLI SPEARS****FOUR BEAN SALAD****WHOLE GRAIN BREAD****BAKED APPLES** | **26****SALISBURY STEAK****STEAMED POTATOES****CALIFORNIA BLEND****TOSSED SALAD****WHOLE GRAIN BREAD****MANDARIN ORANGES**  |
| **29****SWEDISH MEATBALLS****STEAMED POTATOES****GREEN PEAS****TOSSED SALAD****WHOLE GRAIN BREAD****APRICOT HALVES** | **30****ROAST PORK****MASHED POTATOES** **KEY LARGO VEGETABLES****CARROT RAISIN SALAD****WHOLE GRAIN ROLL****APPLESAUCE** | **31****SPAGHETTI W/MEAT SAUCE****GREEN BEANS****GOLDEN CORN****GARLIC BREAD****FRUIT COCKTAIL****DESSERT** | **~~Image result for JULY CLIPART~~** | *Low-fat milk is delivered daily 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.**