|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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.**