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| **C:\Users\cdrynan\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\QB4FBHW7\good_sun1[1].jpgC:\Users\cdrynan\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\QB4FBHW7\good_sun1[1].jpg TOWNSEND SENIOR NUTRITION MENU - AUGUST 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** |
|  | *Low-fat milk is delivered daily and served daily at the*  *Dinner Club* |  | **1**  **BAKED COD**  **RICE PILAF**  **CARROT COINS**  **BEAN MEDLEY**  **WHOLE GRAIN BREAD**  **SWEET PEACHES** | **2**  **POLISH SAUSAGE**  **W/SAUERKRAUT**  **STEAMED POTATOES**  **CALIFORNIA VEGETABLES**  **WHOLE GRAIN ROLL**  **PINEAPPLE** |
| **5**  **MONTANA PASTIES**  **BROCCOLI & CAULIFLOWER**  **TOSSED SALAD**  **APRICOTS**  **DESSERT** | **6**  **BBQ PORK RIBS**  **MACARONI SALAD**  **SWEET CORN**  **PICKLED BEETS**  **WHOLE GRAIN BREAD**  **BAKED APPLES** | **7**  **TURKEY ALA KING**  **STEAMED POTATOES**  **KEY LARGO VEGETABLES**  **TOSSED SALAD W/BEANS**  **WHOLE GRAIN BREAD**  **GOLDEN PEARS** | **8**  **HAMBURGER ON A BUN**  **PEA SALAD**  **COLESLAW**  **MANDARIN ORANGES** | **9**  **CHICKEN FRIED STEAK**  **MASHED POTATOES**  **GREEN BEANS**  **GARDEN SALAD**  **WHOLE GRAIN BREAD**  **SWEET PEACHES** |
| **12**  **BEEF STROGANOFF**  **EGG NOODLES**  **GERMAN VEGETABLES**  **CARROT RAISIN SALAD**  **WHOLE GRAIN BREAD**  **FRUIT COCKTAIL** | **13**  **FISH PATTY ON A BUN**  **GREEN PEAS**  **COLESLAW**  **MANDARIN ORANGES** | **14**  **CHEF SALAD**  **CARROT & CELERY STICKS**  **WHOLE GRAIN BREAD**  **PINEAPPLE**  **DESSERT** | **15**  **BBQ CHICKEN BREAST**  **WILD RICE**  **KEY LARGO VEGETABLES**  **GARDEN SALAD w/BEANS**  **WHOLE GRAIN BREAD**  **APPLESAUCE** | **16**  **CABBAGE ROLLS**  **MASHED POTATOES**  **GREEN BEANS**  **WHOLE GRAIN BREAD**  **APRICOT HALVES** |
| **19**  **CAROL’S MEATLOAF**  **MASHED POTATOES W/GRAVY**  **CALIFORNIA VEGETABLES**  **GARDEN SALAD**  **WHOLE GRAIN BREAD**  **PLUMP PEACHES** | **20**  BIRTHDAY DINNER  **PORK CHOPS**  **STEAMED POTATOES**  **GREEN PEAS**  **TOSSED SALAD**  **WHOLE GRAIN ROLL**  **BAKED APPLES**  **BIRTHDAY CAKE** | **21**  **BEEF TACOS**  **CHEESE & SOUR CREAM**  **LETTUCE & TOMATO**  **MEXICAN CORN & BEANS**  **ZESTY PINEAPPLE** | **22**  **BAKED CHICKEN**  **RICE PILAF**  **STEAMED CARROTS**  **DINNER SALAD**  **WHOLE GRAIN BREAD**  **BLUSHING PEARS** | **23**  **DELI SANDWICH**  **POTATO SALAD**  **PICKLED BEETS**  **FRUIT COCKTAIL** |
| **26**  **BAKED HAM**  **SCALLOPED POTATOES**  **GARDEN PEAS**  **GARDEN SALAD**  **WHOLE GRAIN BREAD**  **CINNAMON APPLESAUCE** | **27**  **SLOPPY JOES ON A BUN**  **BAKED BEANS**  **CREAMY COLESLAW**  **JUICY PEARS**  **DESSERT** | **28**  **ROASTED TURKEY**  **MASHED POTATOES**  **GREEN BEANS**  **CARROT RAISIN SALAD**  **WHOLE GRAIN BREAD**  **PLUMP PEACHES** | **29**  **SWEET-N-SOUR PORK**  **FRIED BROWN RICE**  **5-WAY MIXED VEGETABLES**  **FOUR BEAN SALAD**  **WHOLE GRAIN BREAD**  **BAKED APPLES** | **30**  **SALISBURY STEAK**  **STEAMED POTATOES**  **CALIFORNIA BLEND**  **TOSSED SALAD**  **WHOLE GRAIN BREAD**  **MANDARIN ORANGES** |

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.**