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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.**