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| [https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcSXHZ-LOkjpIpNAiBVzFm-H8fpq7TZBA8EHL08p4n9MU9UKl0-5OQ](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&docid=eVtXJrRubKv3uM&tbnid=_ovVl3kfqtX51M:&ved=0CAUQjRw&url=http://mrseldersroom.blogspot.com/2012_10_01_archive.html&ei=F-QJVMyRCdHaoATjkILgBQ&bvm=bv.74649129,d.cGU&psig=AFQjCNE80lLZvwXc3dne8cc8s9VN7VIt_Q&ust=1410020427677114) **TOWNSEND SENIOR NUTRITION MENU - OCTOBER, 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** |
| **[https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcThf_GimfPnD3a1z9X9iPPEYS2xLjf4DQ7lUGZH4834LuD4CSA5cA](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&docid=Snc6iDuV1Jie8M&tbnid=2EKcUcnPKC-k8M:&ved=0CAUQjRw&url=http://preferredplumbing.wordpress.com/&ei=WOIJVNigB42oogTfy4CgAg&bvm=bv.74649129,d.cGU&psig=AFQjCNFwxLTk3R8ZAqE5NtcW_8SXBMqKvw&ust=1410020296508131)** | **1**  **BBQ PORK BITS**  **CORN BREAD**  **BAKED BEANS**  **CRISP COLESLAW**  **APPLESAUCE**  **DESSERT** | **2**  **BEEF GOULASH**  **EGG NOODLES**  **GERMAN VEGETABLES**  **CARROT RAISIN SALAD**  **WHOLE GRAIN BREAD**  **FRUIT COCKTAIL** | **3**  **CHICKEN & RICE CASSEROLE**  **GREEN PEAS**  **PURPLE BEETS**  **WHOLE GRAIN BREAD**  **MANDARIN ORANGES** | **4**  **CHICKEN FRIED STEAK**  **STEAMED POTATOES**  **GREEN BEANS**  **TOSSED SALAD**  **WHOLE GRAIN BREAD**  **FRUIT CRISP** |
| **7**  **SLOPPY JOES ON A BUN**  **BAKED BEANS**  **CREAMY COLESLAW**  **FRESH FRUIT** | **8**  **ROASTED TURKEY**  **MASHED POTATOES**  **GREEN BEANS**  **GARDEN SALAD**  **WHOLE GRAIN BREAD**  **PLUMP PEACHES** | **9**  **PORK CHOPS**  **STEAMED POTATOES**  **SLICED BEETS**  **DINNER SALAD w/BEANS**  **WHOLE GRAIN BREAD**  **APRICOTS** | **10**  **TUNA NOODLE CASSEROLE**  **GREEN PEAS**  **CARROT RAISIN SALAD**  **WHOLE GRAIN BREAD**  **SWEET PEARS**  **DESSERT** | **11**  **MONTANA PASTIES**  **KEY LARGO VEGETABLES**  **TOSSED SALAD**  **WHOLE GRAIN BREAD**  **FRUIT COCKTAIL** |
| **14**  **CLOSED** | **15**  BIRTHDAY DINNER  **BAKED COD**  **RICE PILAF**  **CARROT COINS**  **BEAN MEDLEY**  **WHOLE GRAIN BREAD**  **FRUIT COCKTAIL**  **BIRTHDAY CAKE** | **16**  **SPAGHETTI W/MEAT SAUCE**  **GREEN BEANS**  **TOSSED SALAD**  **GARLIC BREAD**  **PINEAPPLE** | **17**  **BBQ CHICKEN BREAST**  **WILD RICE**  **KEY LARGO VEGETABLES**  **GARDEN SALAD**  **WHOLE GRAIN BREAD**  **SWEET PEACHES** | **18**  **POLISH SAUSAGE**  **W/SAUERKRAUT**  **STEAMED POTATOES**  **CARROT RAISIN SALAD**  **WHOLE GRAIN BREAD** |
| **21**  **HAMBURGER ON A BUN**  **POTATO TRIANGLES**  **CARROT COINS**  **CRISP COLESLAW**  **JUICY PEARS**  **DESSERT** | **22**  **SWEET-N-SOUR PORK**  **FRIED BROWN RICE**  **ORIENTAL VEGETABLES**  **FOUR BEAN SALAD**  **WHOLE GRAIN BREAD**  **BAKED APPLES** | **23**  **CHICKEN ALA KING**  **STEAMED POTATOES**  **PURPLE BEETS**  **CARROT RAISIN SALAD**  **WHOLE GRAIN BREAD**  **SWEET PEACHES** | **24**  **CHILI CON CARNE**  **CORN BREAD**  **GERMAN VEGETABLES**  **TOSSED SALAD**  **APRICOTS** | **25**  **TATER TOT CASSEROLE**  **GARDEN PEAS**  **TOSSED SALAD**  **WHOLE GRAIN BREAD**  **PINEAPPLE** |
| **28**  **SWEDISH MEATBALLS**  **STEAMED POTATOES**  **GREEN BEANS**  **TOSSED SALAD**  **WHOLE GRAIN BREAD**  **APRICOT HALVES** | **29**  **BAKED CHICKEN**  **RICE PILAF**  **CALIFORNIA VEGETABLES**  **CARROT RAISIN SALAD**  **WHOLE GRAIN BREAD**  **BLUSHING PEARS** | **30**  **ROAST PORK**  **MASHED POTATOES**  **KEY LARGO VEGETABLES**  **DINNER SALAD W/BEANS**  **WHOLE GRAIN BREAD**  **BAKED APPLES** | **31**  **BEEF & VEGGIE CAULDRON STEW**  **BATTYS BISCUITS**  **SPOOKY HARVEST SALAD**  **PETRIFYING PINEAPPLE**  **DESSERT** | *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

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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.**