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| https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcSXHZ-LOkjpIpNAiBVzFm-H8fpq7TZBA8EHL08p4n9MU9UKl0-5OQ **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** | **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

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.**