

BOULDER SENIOR NUTRITION MENU - SEPTEMBER, 2022

FOR MORE INFORMATION CALL: (406) 225-3656

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i></p>		<p>1 ITALIAN LASAGNA GARLIC BREAD GOLDEN CORN SALAD w/GARBANZOS APRICOT HALVES</p>	<p>2 </p>
<p>5 </p>	<p>6 SWEET-N-SOUR PORK BROWN RICE ORIENTAL VEGETABLES DINNER SALAD MANDARIN ORANGES</p>	<p>7 ROASTED CHICKEN OVEN POTATOES GREEN BEANS WHOLE GRAIN ROLL CRANBERRIES DESSERT</p>	<p>8 BEEF STROGANOFF OVER EGG NOODLES GREEN PEAS FOUR BEAN MEDLEY BAKED APPLES</p>	<p>9 </p>
<p>12 </p>	<p>13 SHEPARD'S PIE SWEET CORN CARROT RAISIN SALAD WHOLE GRAIN BREAD GOLDEN PEARS</p>	<p>14 BAKED HAM SWEET YAMS BRUSSELS SPROUTS WHOLE GRAIN ROLL PINEAPPLE DESSERT</p>	<p>15 CHILI CON CARNE CORN BREAD MIXED VEGGIES PURPLE BEETS FRUIT SALAD</p>	<p>16</p>
<p>19</p>	<p>20 CHICKEN & VEGGIE STIR FRY BROWN RICE DINNER SALAD PLUMP PEACHES</p>	<p>21 TATER TOT CASSEROLE GREEN PEAS STEAMED CARROTS WHOLE GRAIN BREAD MIXED FRUIT</p>	<p>22 BBQ PORK ON A BUN BAKED BEANS COLESLAW APPLESAUCE DESSERT</p>	<p>23 </p>
<p>26  Fall</p>	<p>27 TURKEY ALA KING OVER BISCUITS GREEN BEANS STEAMED CARROTS APRICOTS</p>	<p>28 HEARTY MEATLOAF MASHED POTATOES FOUR BEAN MEDLEY GARDEN SALAD WHOLE GRAIN BREAD CRANBERRIES</p>	<p>29 TUNA NOODLE CASSEROLE GREEN PEAS MIXED VEGETABLES BAKED APPLES DESSERT</p>	<p></p>

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS

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.