



TOWNSEND SENIOR NUTRITION MENU - MAY 2022

FOR MORE INFORMATION CALL: (406) 266-3995



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BEEF STROGANOFF EGG NOODLES GERMAN VEGETABLES CARROT RAISIN SALAD MIXED FRUIT	3 FISH PATTY ON A BUN GREEN PEAS CALIFORNIA VEGETABLES MANDARIN ORANGES	4 CHEF SALAD CARROT & CELERY STICKS WHOLE GRAIN BREAD JELLO w/FRUIT	5 PORK CHOPS STEAMED POTATOES BAKED BEANS SLICED BEETS APPLESAUCE	6 <u>MOTHER'S DAY DINNER</u> ROAST BEEF MASHED POTATOES w/GRAVY GREEN BEANS WHOLE GRAIN BREAD APRICOT HALVES
9 BEEF TACOS CHEESE & SOUR CREAM LETTUCE & TOMATO MEXICAN CORN & BEANS ZESTY PINEAPPLE	10 BAKED CHICKEN RICE PILAF STEAMED CARROTS DINNER SALAD BLUSHING PEARS CHOCOLATE MOUSSE	11 CAROL'S MEATLOAF MASHED POTATOES w/GRAVY GARDEN SALAD WHOLE GRAIN BREAD PLUMP PEACHES	12 SWEET-N-SOUR PORK FRIED BROWN RICE ORIENTAL VEGETABLES FOUR BEAN SALAD BAKED APPLES	13 FRENCH TOAST SCRAMBLED EGGS LINK SAUSAGE KEY LARGO VEGETABLES FRUIT SALAD
16 SLOPPY JOES ON A BUN BAKED BEANS CREAMY COLESLAW JUICY PEARS	17 <u>BIRTHDAY DINNER</u> BAKED HAM SCALLOPED POTATOES GARDEN PEAS CARROT RAISIN SALAD SPICED APPLES BIRTHDAY CAKE	18 ROASTED TURKEY MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD PLUMP PEACHES	19 BBQ PORK SANDWICH POTATO SALAD PICKLED BEETS CINNAMON APPLESAUCE	20 SALISBURY STEAK STEAMED POTATOES CALIFORNIA BLEND CARROT RAISIN SALAD MANDARIN ORANGES
23 CABBAGE ROLLS MASHED POTATOES ORIENTAL VEGETABLES APRICOT HALVES	24 ROAST PORK MASHED POTATOES KEY LARGO VEGETABLES WHOLE GRAIN ROLL SWEET PEACHES	25 SPAGHETTI w/MEAT SAUCE GREEN BEANS TOSSED SALAD MIXED FRUIT DESSERT	26 BAKED COD RICE PILAF CARROT COINS BEAN MEDLEY FRUIT SALAD	27 POLISH SAUSAGE w/SAUERKRAUT STEAMED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE
30 <u>MEMORIAL DAY - CLOSED</u>  THANK YOU!	31 BBQ PORK RIBS MACARONI SALAD SWEET CORN PICKLED BEETS APPLESAUCE		<i>Low-fat milk is delivered daily and served daily at the Dinner Club</i>	

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.