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| **BOULDER SENIOR NUTRITION MENU - FEBRUARY 2023**  LUNCH SERVED FROM 11:30 –12:30  *FOR MORE INFORMATION CALL (406) 225-3656*  \*This menu is subject to change due to product availability | | | | |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  |  | **1**  **BAKED HAM**  **SWEET YAMS**  **BRUSSELS SPROUTS**  **WHOLE GRAIN ROLL**  **PINEAPPLE**  **DESSERT** | **2**  **CHILI CON CARNE**  **CORN BREAD**  **MIXED VEGGIES**  http://ts1.mm.bing.net/th?&id=HN.608034092399659434&w=300&h=300&c=0&pid=1.9&rs=0&p=0**PURPLE BEETS**  **FRUIT SALAD** | **3**  http://content.mycutegraphics.com/thumbs/groundhog-day-clip-art.gif |
| **6**  [https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcT02GXfBdsu5Sqwj_SQ02iN5CpTqT6iv9k7i6JZUS9GYa-41jZ7](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRw&url=http://inanutshell.ca/tag/valentines-day-date-ideas-ottawa/&ei=9xy0VLr3IIusogSl5oC4CQ&bvm=bv.83339334,d.aWw&psig=AFQjCNGOdH1J3zY2PO9h02hRd-SO4Rpnbg&ust=1421175819712066) | **7**  **FISH SANDWICH**  **BAKED BEANS**  **COLESLAW**  **APPLESAUCE** | **8**  **TATER TOT CASSEROLE**  **GREEN PEAS**  **STEAMED CARROTS**  **WHOLE GRAIN BREAD**  **MIXED FRUIT** | **9**  **CHICKEN & VEGGIE STIR FRY**  **BROWN RICE**  **DINNER SALAD**  **PLUMP PEACHES**  **DESSERT** | **10** |
| **13** | **14**  **TUNA NOODLE CASSEROLE**  **GREEN PEAS**  **MIXED VEGETABLES**  **BAKED APPLES**  **DESSERT** | **15**  **HEARTY MEATLOAF**  **MASHED POTATOES**  **GARDEN SALAD w/BEANS**  **WHOLE GRAIN BREAD**  **CRANBERRIES** | **16**  **MONTANA PASTIES**  **GREEN BEANS**  **STEAMED CARROTS**  **APRICOTS** | **17** |
| **20**  [https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcRcjmoFLlREQrCPvvo027_ihwVa1mmnjAr6_bvFC2E1s7zQJiOtOQ](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRw&url=http://www.dailybackgrounds.com/presidents-day-2015-wallpapers/&ei=mRm0VLKLGI6XyATluIDACQ&bvm=bv.83339334,d.aWw&psig=AFQjCNHoAVLfLqG866QJ9pyPzC7FBUAhTA&ust=1421175532857209) | **21**  **BBQ CHICKEN**  **MAC-N-CHEESE**  **SWEET CORN**  **COLESLAW**  **MANDARIN ORANGES** | **22**  **SAUSAGE & EGG CASSEROLE**  **DICED POTATOES**  **MIXED VEGETABLES**  **WHOLE GRAIN BREAD**  **BLUSHING PEARS** | **23**  **MEXICAN TACOS**  **LETTUCE, TOMATO & CHEESE**  **REFRIED BEANS**  **PINEAPPLE**  **DESSERT** | **24** |
| **27**  *Low fat milk is delivered daily to Home Delivered Meal customers*  *And served daily in the dinner club* | **28**  **SPAGHETTI & MEAT SAUCE**  **GARLIC BREAD**  **GREEN BEANS**  **SALAD W/GARBANZOS**  **PLUMP PEACHES** |  |  | **26**  [https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcT02GXfBdsu5Sqwj_SQ02iN5CpTqT6iv9k7i6JZUS9GYa-41jZ7](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRw&url=http://inanutshell.ca/tag/valentines-day-date-ideas-ottawa/&ei=9xy0VLr3IIusogSl5oC4CQ&bvm=bv.83339334,d.aWw&psig=AFQjCNGOdH1J3zY2PO9h02hRd-SO4Rpnbg&ust=1421175819712066) |

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.