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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 | **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 | **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 |

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.