



AUGUSTA SENIOR NUTRITION MENU - JUNE 2022



FOR MORE INFORMATION CALL: (406) 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Happy Father's Day</p> 	<p><i>Low-fat milk is delivered daily and served daily at the Dinner Club</i></p>	<p>1 HAM & SCALLOPED POTATOES GREEN BEANS SPINACH SALAD CHEESY BREADSTICK AMBROSIA SALAD</p>	<p>2 CHEF'S CHOICE ENTRÉE MIXED VEGGIES DINNER SALAD WHOLE GRAIN BREAD FRESH FRUIT</p>	<p>3 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI & CAULIFLOWER BAKED APPLES</p>
<p>6 TUNA NOODLE CASSEROLE GARDEN PEAS TOSSED SALAD JUICY PEARS DESSERT</p>	<p>7 BEEF & BEAN TACOS SWEET CORN VEGGIE SALAD FRUIT CUP</p>	<p>8 BAKED COD WILD RICE STEAMED SPINACH GARDEN SALAD APRICOT HALVES</p>	<p>9 CHEF'S CHOICE ENTRÉE GREEN BEANS DINNER SALAD WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>10 PULLED PORK SANDWICH POTATO SALAD COLESLAW FRUIT SALAD</p>
<p>13 MALIBU CHICKEN SANDWICH BEAN MEDLEY CARROT RAISIN SALAD PINEAPPLE RINGS</p>	<p>14 CLAM CHOWDER CHEDDAR BISCUIT PURPLE BEETS VEGGIE SALAD FRESH FRUIT</p>	<p>15 <u>BIRTHDAY DINNER</u> SWEET-N-SOUR PORK BROWN RICE STIR FRY VEGETABLES COLESLAW MANDARIN ORANGES BIRTHDAY CAKE</p>	<p>16 CHEF'S CHOICE ENTRÉE ROASTED CARROTS DINNER SALAD BREADSTICK CRANBERRIES</p>	<p>17 <u>FATHER'S DAY DINNER</u> SALISBURY STEAK MASHED POTATOES SALAD w/BEANS HOT ROLL APRICOT HALVES DESSERT</p>
<p>20 CLOSED JUNETEENTH <i>Celebrate Freedom</i> JUNE 19</p> 	<p>21 BBQ RIBS CORN MUFFIN BAKED BEANS COLESLAW APPLESAUCE</p>	<p>22 DENVER OMELET BAKE HASH BROWNS VEGETABLE MEDLEY BLUEBERRIES & YOGURT FRUIT MUFFIN</p>	<p>23 CHEF'S CHOICE ENTRÉE BROCCOLI SPEARS TOSSED SALAD WHOLE GRAIN BREAD SWEET PEACHES</p>	<p>24 SLOPPY JOES TATER TOTS PURPLE BEETS FRUIT COCKTAIL</p>
<p>27 SPAGHETTI w/MEAT SAUCE GARLIC BREAD GREEN BEANS SALAD w/GARBANZOS PINEAPPLE TIDBITS</p>	<p>28 CHICKEN ALA KING WHOLE WHEAT TOAST MIXED VEGGIES CARROT RAISIN SALAD FRESH FRUIT PUDDING CUP</p>	<p>29 BAKED HAM SWEET YAMS DINNER SALAD HOT WHEAT ROLL CINNAMON APPLES</p>	<p>30 CHEF'S CHOICE ENTRÉE STEAMED CARROTS CAULIFLOWER & BROCCOLI BREADSTICK MANDARIN ORANGES</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, R.D.N., CASSANDRADRYNAN.RDN

SUGGESTED DONATION FOR 60 YEARS OLD AND OVER \$5.00. REQUIRED CHARGE FOR UNDER 60 YEARS \$7.00.