








BOULDER SENIOR NUTRITION MENU - JULY 2022

FOR MORE INFORMATION CALL: (406) 225-3656

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</p>			
<p>4</p> 	<p>5</p> <p>TURKEY ALA KING OVER BISCUITS GREEN BEANS STEAMED CARROTS APRICOTS</p>	<p>6</p> <p>HEARTY MEATLOAF MASHED POTATOES FOUR BEAN MEDLEY GARDEN SALAD WHOLE GRAIN BREAD CRANBERRIES</p>	<p>7</p> <p>TUNA NOODLE CASSEROLE GREEN PEAS MIXED VEGETABLES BAKED APPLES DESSERT</p>	<p>8</p>
<p>11</p>	<p>12</p> <p>BBQ CHICKEN MAC-N-CHEESE SWEET CORN COLESLAW MANDARIN ORANGES</p>	<p>13</p> <p>SAUSAGE & EGG CASSEROLE DICED POTATOES MIXED VEGETABLES WHOLE GRAIN BREAD BLUSHING PEARS</p>	<p>14</p> <p>MEXICAN TACOS LETTUCE, TOMATO & CHEESE REFRIED BEANS PINEAPPLE DESSERT</p>	<p>15</p> 
<p>18</p> 	<p>19</p> <p>ROAST PORK SWEET POTATOES CARROT RAISIN SALAD WHOLE GRAIN ROLL BAKED APPLES</p>	<p>20</p> <p>LEMON PEPPER CHICKEN RICE PILAF BROCCOLI SPEARS DICED BEETS FRUIT SALAD</p>	<p>21</p> <p>SPAGHETTI & MEAT SAUCE GARLIC BREAD GREEN BEANS SALAD w/GARBANZOS PLUMP PEACHES DESSERT</p>	<p>22</p>
<p>25</p>	<p>26</p> <p>HAM & BEANS CORN BREAD CARROT COINS PURPLE BEETS GOLDEN PEARS</p>	<p>27</p> <p>BAKED TURKEY BREAD STUFFING MASHED POTATOES DINNER SALAD CRANBERRIES</p>	<p>28</p> <p>SLOPPY JOES BAKED BEANS COLESLAW MIXED FRUIT DESSERT</p>	<p>29</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.