



TOWNSEND SENIOR NUTRITION MENU - MARCH 2026

LUNCH IS SERVED FROM 12:00 – 1:00 ~ For Reservations Call (406) 266-3995



*This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CABBAGE ROLLS MASHED POTATOES CALIFORNIA VEGETABLES WHOLE GRAIN BREAD SWEET PEACHES	3 BAKED COD RICE PILAF CARROT COINS BUTTER BEANS WHOLE GRAIN BREAD FRUIT COCKTAIL	4 SPAGHETTI w/MEAT SAUCE GREEN BEANS SWEET CORN GARLIC BREAD SWEET PEARS DESSERT	5 BBQ CHICKEN BREAST WILD RICE KEY LARGO VEGETABLES PURPLE BEETS WHOLE GRAIN BREAD PINEAPPLE	6 BAKED HAM SCALLOPED POTATOES GARDEN PEAS TOSSED SALAD WHOLE GRAIN BREAD CINNAMON APPLESAUCE
9 HAMBURGER ON A BUN POTATO TRIANGLES CARROT COINS JUICY PEARS DESSERT	10 SWEET-N-SOUR PORK FRIED BROWN RICE ORIENTAL VEGETABLES PURPLE BEETS WHOLE GRAIN BREAD PINEAPPLE	11 CHICKEN ALA KING STEAMED POTATOES BROCCOLI SPEARS WHOLE GRAIN BREAD SWEET PEACHES	12 HAM & BEANS CORN BREAD ITALIAN VEGETABLES SWEET CORN APRICOTS	13 TATER TOT CASSEROLE GARDEN PEAS CARROT RAISIN SALAD WHOLE GRAIN BREAD SPICED APPLES
16 SWEDISH MEATBALLS STEAMED POTATOES GREEN BEANS WHOLE GRAIN BREAD APRICOT HALVES	17 <u>BIRTHDAY DINNER/ST PATRICK'S DAY</u> CORNED BEEF & CABBAGE LUCKY POTATOES CARROT COINS BLARNEY STONE ROLL GREEN PEARS BIRTHDAY CAKE	18 BEEF & VEGGIE STEW FRESH BAKED BISCUIT TOSSED SALAD w/GARBANZOS PLUMP PEACHES	19 ROAST PORK MASHED POTATOES KEY LARGO VEGETABLES WHOLE GRAIN BREAD ZESTY PINEAPPLE	20 TILAPIA MACARONI & CHEESE PURPLE BEETS GREEN PEAS FRUIT COCKTAIL
23 BEEF GOULASH EGG NOODLES ITALIAN VEGETABLES GOLDEN CORN WHOLE GRAIN BREAD FRUIT COCKTAIL *USDA FOODS*	24 BBQ PORK RIBS CORN BREAD BAKED BEANS CRISP COLESLAW APPLESAUCE	25 CAROL'S MEATLOAF MASHED POTATOES w/GRAVY BROCCOLI & CAULIFLOWER WHOLE GRAIN BREAD PLUMP PEACHES	26 CHICKEN & RICE CASSEROLE GREEN PEAS PURPLE BEETS WHOLE GRAIN BREAD APRICOTS	27 CHICKEN FRIED STEAK STEAMED POTATOES GREEN BEANS WHOLE GRAIN BREAD FRUIT CRISP
30 SLOPPY JOES ON A BUN BAKED BEANS CARROT RAISIN SALAD BAKED APPLES	31 ROASTED TURKEY MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD PLUMP PEACHES			<i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i> 

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

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 \$10.00.