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| **TOWNSEND SENIOR NUTRITION MENU - FEBRUARY 2023**For More Information Call – (406) 266-3995 \*This menu is subject to change due to product availability |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Image result for february clip art | Low-fat milk is delivered daily and served daily at theDinner Club | **1****CHILI CON CARNE** **GOLDEN CORN****FRESH BAKED BISCUIT****TOSSED SALAD****ZESTY PINEAPPLE** | **2****ROAST PORK****MASHED POTATOES** **KEY LARGO VEGETABLES**http://ts1.mm.bing.net/th?&id=HN.608034092399659434&w=300&h=300&c=0&pid=1.9&rs=0&p=0**WHOLE GRAIN BREAD****SPICED APPLES** | **3****FISH PATTY ON A BUN****MACARONI & CHEESE****MIXED VEGGIES****CRISP COLESLAW****PLUMP PEACHES** |
| **6****BEEF STROGANOFF** **EGG NOODLES****GERMAN VEGETABLES****CARROT RAISIN SALAD****MIXED FRUIT** | **7****BBQ PORK RIBS** **CORN BREAD****BAKED BEANS****CRISP COLESLAW****APPLESAUCE** | **8****CAROL’S MEATLOAF****MASHED POTATOES W/GRAVY****GOLDEN CORN****GARDEN SALAD****WHOLE GRAIN BREAD** **PLUMP PEACHES** | **9****CHICKEN & RICE CASSEROLE****GREEN PEAS****PURPLE BEETS****MANDARIN ORANGES****DESSERT** | **10****SCRAMBLED EGGS****SAUSAGE LINKS****FRENCH TOAST****DICED POTATOES****KEY LARGO VEGETABLES****FRUIT SALAD** |
| **13****SLOPPY JOES ON A BUN****BAKED BEANS****CREAMY COLESLAW****FRESH FRUIT** | **14**VALENTINE’S DAY**ROAST BEEF DINNER****MASHED POTATOES****GREEN BEANS****WHOLE GRAIN BREAD****PLUMP PEACHES**  | **15****PORK CHOPS****STEAMED POTATOES****SLICED BEETS****DINNER SALAD w/BEANS****APRICOTS** | **16****TUNA NOODLE CASSEROLE****GREEN PEAS****CARROT RAISIN SALAD****SWEET PEARS**  | **17****CHICKEN FRIED STEAK****STEAMED POTATOES****SWEET CORN****TOSSED SALAD****FRUIT CRISP** |
| **20****CLOSED** **Image result for presidents day** | **21**BIRTHDAY DINNER**SALISBURY STEAK** **WHOLE GRAIN BREAD****MASHED POTATOES****MIXED VEGETABLES****MANDARIN ORANGES****BIRTHDAY CAKE** | **22****BAKED COD****RICE PILAF****CARROT COINS****BEAN MEDLEY****MIXED FRUIT** | **23****SPAGHETTI W/MEAT SAUCE****GREEN BEANS****TOSSED SALAD****GARLIC BREAD****PINEAPPLE**  | **24****BBQ CHICKEN BREAST****WILD RICE****KEY LARGO VEGETABLES****GARDEN SALAD** **SWEET PEACHES** |
| **27****MONTANA PASTIES****GREEN BEANS****CRISP COLESLAW****JUICY PEARS****DESSERT**  | **28****SWEET-N-SOUR PORK****FRIED BROWN RICE****ORIENTAL VEGETABLES****FOUR BEAN SALAD****BAKED APPLES** | Image result for february clip art |  | Image result for february clip art bee |

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**.