|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 the  Dinner 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](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiYrPPo45HXAhVCw1QKHTWpDpkQjRwIBw&url=https://www.askideas.com/presidents-day-2017-george-washington-and-abraham-lincoln-clipart/&psig=AOvVaw3dcea7MJrFUsH3HLuSXmIM&ust=1509227252408632)** | **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**.