



AUGUSTA SENIOR NUTRITION MENU - SEPTEMBER, 2022



For More Information Call: (406) 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><i>Low-fat milk is delivered daily and served daily at the Dinner Club</i></p>	<p>1 CHEF'S CHOICE ENTRÉE ROASTED CARROTS DINNER SALAD BREADSTICK CRANBERRIES</p>	<p>2 MALIBU CHICKEN SANDWICH BEAN MEDLEY CARROT RAISIN SALAD PINEAPPLE RINGS</p>
<p>5 CLOSED</p> 	<p>6 BBQ RIBS CORN MUFFIN BAKED BEANS COLESLAW APPLESAUCE</p>	<p>7 CHICKEN BAKE MIXED VEGGIES GARDEN SALAD WHOLE WHEAT BREAD GOLDEN PEARS</p>	<p>8 CHEF'S CHOICE ENTRÉE BROCCOLI SPEARS TOSSED SALAD WHOLE GRAIN BREAD SWEET PEACHES</p>	<p>9 SLOPPY JOES TATER TOTS PURPLE BEETS FRUIT COCKTAIL DESSERT</p>
<p>12 SPAGHETTI w/MEAT SAUCE GARLIC BREAD GREEN BEANS SALAD w/GARBANZOS PINEAPPLE TIDBITS</p>	<p>13 TURKEY & RICE SOUP MIXED VEGGIES CARROT RAISIN SALAD FRESH FRUIT PUDDING CUP</p>	<p>14 BAKED HAM SWEET YAMS DINNER SALAD HOT WHEAT ROLL CINNAMON APPLES</p>	<p>15 CHEF'S CHOICE ENTRÉE STEAMED CARROTS CAULIFLOWER & BROCCOLI BREADSTICK MANDARIN ORANGES</p>	<p>16 MEATBALL SANDWICH DICED BEETS POTATO SALAD FRUIT CUP</p>
<p>19 PEKING-CHICKEN BROWN RICE STIR FRY VEGETABLES GARDEN SALAD MANDARIN ORANGES</p>	<p>20 TOMATO BISQUE GRILLED CHEESE SANDWICH BROCCOLI SLAW BEAN MEDLEY JUICY PEARS</p>	<p>21 <u>BIRTHDAY DINNER</u> MEAT & CHEESE PIZZA PEAS & CARROTS VEGGIE SALAD ORANGE SLICES BIRTHDAY CAKE</p>	<p>22 CHEF'S CHOICE ENTRÉE BRUSSELS SPROUTS TOSSED SALAD WHOLE GRAIN ROLL APPLESAUCE</p>	<p>23 CALICO BEANS CORN BREAD PURPLE BEETS GARDEN COLESLAW COTTAGE CHEESE & PEACHES</p>
<p>26 MAC-N-CHEESE w/TOMATOES & BACON GREEN BEANS TOSSED SALAD APPLE SLICES</p>	<p>27 MINESTRONE w/BEANS FOCACCIA BREAD PICKLED BEETS COTTAGE CHEESE w/PEACHES</p>	<p>28 CHICKEN FRIED STEAK MASHED POTATOES DINNER SALAD WHOLE GRAIN ROLL CRANBERRIES</p>	<p>29 CHEF'S CHOICE ENTRÉE SWEET CORN VEGGIE SALAD BREADSTICK PINEAPPLE</p>	<p>30 TUNA MELT CRISP COLESLAW CARROT & CELERY STICKS FRUITED JELLO</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.