








TOWNSEND SENIOR NUTRITION MENU – JUNE 2023



FOR MORE INFORMATION CALL: (406) 266-3995

*This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Happy Father's Day 	<i>Low-fat milk is delivered daily and served daily at the Dinner Club</i> 	1 BBQ PORK SANDWICH POTATO SALAD PICKLED BEETS CINNAMON APPLESAUCE	2 SALISBURY STEAK STEAMED POTATOES CALIFORNIA BLEND CARROT RAISIN SALAD MANDARIN ORANGES
5 SPAGHETTI w/MEAT SAUCE GREEN BEANS GOLDEN CORN FRUIT COCKTAIL COOKIE	6 CHICKEN FRIED STEAK MASHED POTATOES KEY LARGO VEGETABLES WHOLE GRAIN ROLL APPLESAUCE	7 BAKED COD RICE PILAF CARROT COINS BEAN MEDLEY SWEET PEACHES	8 POLISH SAUSAGE w/SAUERKRAUT STEAMED POTATOES CALIFORNIA VEGETABLES WHOLE GRAIN ROLL PINEAPPLE	9 CLOSED STAFF TRAINING 
12 MONTANA PASTIES GARDEN PEAS TOSSED SALAD APRICOTS	13 BBQ PORK RIBS MACARONI SALAD SWEET CORN PICKLED BEETS BAKED APPLES	14 CHICKEN ALA KING STEAMED POTATOES KEY LARGO VEGETABLES TOSSED SALAD w/BEANS GOLDEN PEARS	15 HAM SALAD SANDWICH PEA SALAD COLESLAW MANDARIN ORANGES	16 <u>FATHER'S DAY DINNER</u> ROAST PORK MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD SWEET PEACHES DESSERT
19 CLOSED 	20 BIRTHDAY DINNER BBQ CHICKEN BREAST WILD RICE KEY LARGO VEGETABLES GARDEN SALAD w/BEANS APPLESAUCE BIRTHDAY CAKE	21 CHEF SALAD CARROT & CELERY STICKS WHOLE GRAIN BREAD FRUIT COCKTAIL	22 FISH PATTY ON A BUN GREEN PEAS COLESLAW MANDARIN ORANGES	23 CABBAGE ROLLS MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD APRICOT HALVES
26 BEEF TACOS CHEESE & SOUR CREAM LETTUCE & TOMATO MEXICAN CORN & BEANS ZESTY PINEAPPLE	27 BAKED CHICKEN RICE PILAF STEAMED CARROTS DINNER SALAD BLUSHING PEARS CHOCOLATE MOUSSE	28 CAROL'S MEATLOAF MASHED POTATOES w/GRAVY GARDEN SALAD WHOLE GRAIN BREAD PLUMP PEACHES	29 SWEET-N-SOUR PORK FRIED BROWN RICE GREEN BEANS FOUR BEAN SALAD BAKED APPLES	30 DELI SANDWICH POTATO SALAD PICKLED BEETS FRUIT COCKTAIL

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 \$7.00.