

# TOWNSEND SENIOR NUTRITION MENU - JULY 2022

FOR MORE INFORMATION CALL – (406) 266-3995



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<i>Low-fat milk is delivered daily and served daily at the Dinner Club</i>		1 POLISH SAUSAGE w/SAUERKRAUT STEAMED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE
4 <u>CLOSED- 4<sup>TH</sup> of July</u> 	5 MONTANA PASTIES GARDEN PEAS TOSSED SALAD APRICOTS	6 CHICKEN ALA KING STEAMED POTATOES MIXED VEGETABLES TOSSED SALAD w/BEANS GOLDEN PEARS	7 DELI SANDWICH PEA SALAD COLESLAW MANDARIN ORANGES DESSERT	8 CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD SWEET PEACHES
11 BEEF STROGANOFF EGG NOODLES GERMAN VEGETABLES CARROT RAISIN SALAD MIXED FRUIT	12 FISH PATTY ON A BUN GREEN PEAS COLESLAW MANDARIN ORANGES	13 CHEF SALAD CARROT & CELERY STICKS WHOLE GRAIN BREAD JELLO w/FRUIT	14 BBQ PORK BITS CORN BREAD BAKED BEANS SLICED BEETS APPLESAUCE	15 SWEDISH MEATBALLS MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD APRICOT HALVES
18 BEEF TACOS CHEESE & SOUR CREAM LETTUCE & TOMATO MEXICAN CORN & BEANS ZESTY PINEAPPLE	19 <u>BIRTHDAY DINNER</u> BAKED CHICKEN RICE PILAF STEAMED CARROTS DINNER SALAD BLUSHING PEARS BIRTHDAY CAKE	20 CAROL'S MEATLOAF MASHED POTATOES w/GRAVY GARDEN SALAD WHOLE GRAIN BREAD PLUMP PEACHES	21 SWEET-N-SOUR PORK FRIED BROWN RICE GREEN BEANS FOUR BEAN SALAD BAKED APPLES	22 FRENCH TOAST SCRAMBLED EGGS LINK SAUSAGE KEY LARGO VEGETABLES FRUIT SALAD
25 BAKED HAM SCALLOPED POTATOES GARDEN PEAS CARROT RAISIN SALAD SPICED APPLES	26 SLOPPY JOES ON A BUN BAKED BEANS CREAMY COLESLAW JUICY PEARS DESSERT	27 ROASTED TURKEY MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD PLUMP PEACHES	28 BBQ PORK SANDWICH POTATO SALAD PICKLED BEETS CINNAMON APPLESAUCE	29 SALISBURY STEAK STEAMED POTATOES CALIFORNIA BLEND CARROT RAISIN SALAD MANDARIN ORANGES

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.