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| **BOULDER SENIOR NUTRITION MENU - JUNE 2023** LUNCH SERVED 11:30 – 12:30 FOR MORE INFORMATION CALL: (406) 225-3656  \*This menu is subject to change due to product availability | | | | |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| http://ts2.mm.bing.net/th?&id=HN.608037377750994908&w=300&h=300&c=0&pid=1.9&rs=0&p=0  http://ts2.mm.bing.net/th?&id=HN.608037377750994908&w=300&h=300&c=0&pid=1.9&rs=0&p=0 | http://ts2.mm.bing.net/th?&id=HN.608037377750994908&w=300&h=300&c=0&pid=1.9&rs=0&p=0http://ts2.mm.bing.net/th?&id=HN.608037377750994908&w=300&h=300&c=0&pid=1.9&rs=0&p=0http://ts2.mm.bing.net/th?&id=HN.608037377750994908&w=300&h=300&c=0&pid=1.9&rs=0&p=0http://ts2.mm.bing.net/th?&id=HN.608037377750994908&w=300&h=300&c=0&pid=1.9&rs=0&p=0http://ts2.mm.bing.net/th?&id=HN.608037377750994908&w=300&h=300&c=0&pid=1.9&rs=0&p=0http://ts2.mm.bing.net/th?&id=HN.608037377750994908&w=300&h=300&c=0&pid=1.9&rs=0&p=0 | http://ts2.mm.bing.net/th?&id=HN.608037377750994908&w=300&h=300&c=0&pid=1.9&rs=0&p=0http://ts2.mm.bing.net/th?&id=HN.608037377750994908&w=300&h=300&c=0&pid=1.9&rs=0&p=0http://ts2.mm.bing.net/th?&id=HN.608037377750994908&w=300&h=300&c=0&pid=1.9&rs=0&p=0http://ts2.mm.bing.net/th?&id=HN.608037377750994908&w=300&h=300&c=0&pid=1.9&rs=0&p=0http://ts2.mm.bing.net/th?&id=HN.608037377750994908&w=300&h=300&c=0&pid=1.9&rs=0&p=0http://ts2.mm.bing.net/th?&id=HN.608037377750994908&w=300&h=300&c=0&pid=1.9&rs=0&p=0 | **1**  **TUNA NOODLE CASSEROLE**  **GREEN PEAS**  **MIXED VEGETABLES**  **BAKED APPLES**  **DESSERT** |  |
| **5** | **6**  **BBQ CHICKEN**  **MAC-N-CHEESE**  **SWEET CORN**  **COLESLAW**  **MANDARIN ORANGES** | **7**  **SAUSAGE & EGG CASSEROLE**  **DICED POTATOES**  **MIXED VEGETABLES**  **WHOLE GRAIN BREAD**  **BLUSHING PEARS** | **8**  **MEXICAN TACOS**  **LETTUCE, TOMATO & CHEESE**  **REFRIED BEANS**  **PINEAPPLE**  **DESSERT** | **9**  http://ts2.mm.bing.net/th?&id=HN.608037377750994908&w=300&h=300&c=0&pid=1.9&rs=0&p=0 |
| http://ts2.mm.bing.net/th?&id=HN.608037377750994908&w=300&h=300&c=0&pid=1.9&rs=0&p=0**12** | **13**  **ROAST PORK**  **SWEET POTATOES**  **CARROT RAISIN SALAD**  **WHOLE GRAIN ROLL**  **BAKED APPLES** | **14**  **LEMON PEPPER CHICKEN**  **RICE PILAF**  **BROCCOLI SPEARS**  **DICED BEETS**  **FRUIT SALAD** | **15**  **SPAGHETTI & MEAT SAUCE**  **GARLIC BREAD**  **GREEN BEANS**  **SALAD W/GARBANZOS**  **PLUMP PEACHES**  **DESSERT** | **16** |
| **19** | **20**  **HAM & BEANS**  **CORN BREAD**  **CARROT COINS**  **PURPLE BEETS**  **GOLDEN PEARS** | **21**  **BAKED TURKEY**  **BREAD STUFFING**  **MASHED POTATOES**  **DINNER SALAD**  **CRANBERRIES** | **22**  **SLOPPY JOES**  **BAKED BEANS**  **COLESLAW**  **MIXED FRUIT**  **DESSERT** | **23**  *Low fat milk is delivered daily to Home Delivered Meal customers*  *And served daily in the dinner club* |
| **26**  http://ts2.mm.bing.net/th?&id=HN.608037377750994908&w=300&h=300&c=0&pid=1.9&rs=0&p=0 | **27**  **CHICKEN NOODLE CASSEROLE**  **GREEN PEAS**  **STEAMED CARROTS**  **APRICOT HALVES**  **DESSERT** | **28**  **FISH PATTY**  **WILD RICE**  **STEAMED BROCCOLI**  **SALAD W/BEANS**  **SWEET PEACHES** | **29**  **MONTANA PASTIES W/GRAVY**  **GOLDEN CORN**  **PICKLED BEETS**  **FRUIT SALAD** | [http://ts3.mm.bing.net/th?id=HN.608019072599130381&w=225&h=175&c=7&rs=1&cb=6&pid=1.7](http://www.bing.com/images/search?q=Summer+Clip+Art&FORM=RESTAB#view=detail&id=044B0C59B8187459157D04325D1F2CA42FDD6173&selectedIndex=288)***30*** |

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, R.D.N. Cassandra Drynan, R.D.N.

**Suggested donation for 60 years old and over $5.00. Required charge for under 60 years $7.00.**