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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=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 | 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***30*** |

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

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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.**