|  |
| --- |
| **C:\Users\cdrynan\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\7UK0X8IU\flower2[1].png AUGUSTA senior nutrition menu –** MAY 2023  **C:\Users\cdrynan\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\7UK0X8IU\flower2[1].png** FOR MORE INFORMATION CALL: (406) 562-3623 \*This menu is subject to change due to product availability |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **1****HAM & SCALLOPED POTATOES****GREEN BEANS****SPINACH SALAD****CHEESY BREADSTICK****FRUITED JELLO** | **2****BBQ MEATBALLS****DICED BEETS****TOSSED SALAD****GARLIC ROLL****PINEAPPLE TIDBITS**  | **3****BAKED CHICKEN****WILD RICE****ROASTED CARROTS****SALAD W/BEANS****CRANBERRIES**  | **4****CHEF’S CHOICE ENTRÉE****MIXED VEGGIES****DINNER SALAD****WHOLE GRAIN BREAD****FRESH FRUIT** | **5****HOT TURKEY SANDWICH** **MASHED POTATOES****STEAMED BROCCOLI & CAULIFLOWER****BAKED APPLES** |
| **8****SPAGHETTI W/MEAT SAUCE****GARLIC BREAD****GREEN BEANS****TOSSED SALAD****JUICY PEARS** | **9****BEEF TACO SALAD** **W/BLACK BEANS** **TORTILLA CHIPS** **FRUIT CUP** | **10****BAKED COD****WILD RICE****STEAMED SPINACH** **GARDEN SALAD** **APRICOT HALVES**  | **11****CHEF’S CHOICE ENTRÉE****GARDEN PEAS****DINNER SALAD** **WHOLE GRAIN ROLL****SWEET PEACHES** | **12**MOTHER’S DAY DINNER**BBQ RIBS****CORN MUFFIN****BAKED BEANS****COLESLAW****APPLESAUCE****DESSERT** |
| **15****SALISBURY STEAK****MASHED POTATOES****SALAD W/BEANS** **HOT ROLL****APRICOT HALVES**  | **16****CLAM CHOWDER** **CHEDDAR BISCUIT****PURPLE BEETS****VEGGIE SALAD****FRESH FRUIT** | **17**BIRTHDAY DINNER**SWEET-N-SOUR PORK****BROWN RICE****STIR FRY VEGETABLES****COLESLAW****MANDARIN ORANGES****BIRTHDAY CAKE**  | **18** **CHEF’S CHOICE ENTRÉE****ROASTED CARROTS****DINNER SALAD****BREADSTICK****CRANBERRIES** | **19****MALIBU CHICKEN SANDWICH****BEAN MEDLEY****CARROT RAISIN SALAD****PINEAPPLE RINGS**  |
| **22****DENVER OMELET BAKE** **HASH BROWNS****VEGETABLE MEDLEY****BLUEBERRIES & YOGURT****FRUIT MUFFIN** | **23****PULLED PORK SANDWICH****BAKED BEANS****COLESLAW****FRUIT SALAD** \*COMMODITIES\* | **24****CHICKEN BAKE** **WHOLE WHEAT TOAST****MIXED VEGGIES****GARDEN SALAD** **GOLDEN PEARS** | **25****CHEF’S CHOICE ENTRÉE****BROCCOLI SPEARS****TOSSED SALAD****WHOLE GRAIN BREAD****SWEET PEACHES**  | **26****SLOPPY JOES****POTATO SALAD** **PURPLE BEETS****FRUIT COCKTAIL** **DESSERT** |
| **29**CLOSED - MEMORIAL DAYhttp://ts2.mm.bing.net/th?&id=HN.608006995158435810&w=300&h=300&c=0&pid=1.9&rs=0&p=0 | **30****TUNA NOODLE CASSEROLE****GREEN BEANS****SALAD W/GARBANZOS****PINEAPPLE TIDBITS** | **31****BAKED HAM****SWEET YAMS****DINNER SALAD** **HOT WHEAT ROLL****CINNAMON APPLES** | *Low-fat milk is delivered daily and served daily at the Dinner Club* |  |

WE DEPEND ON YOUR MEAL PAYMENT 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.