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| **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 DAY  http://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.