

BOULDER SENIOR NUTRITION MENU - JUNE 2022

LUNCH SERVED 12:00 – 1:00

FOR MORE INFORMATION CALL: (406) 225-3656

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BBQ PORK RIBS BAKED BEANS COLESLAW WHOLE GRAIN ROLL APPLESAUCE	2 TURKEY IN GRAVY MASHED POTATOES MIXED VEGETABLES WHOLE GRAIN BREAD CRANBERRIES DESSERT	3 
6	7 BAKED COD WILD RICE STEAMED CARROTS BROCCOLI SPEARS SWEET PEACHES	8 HAM & SCALLOPED POTATOES GREEN PEAS DICED BEETS MIXED FRUIT DESSERT	9 ITALIAN LASAGNA GARLIC BREAD GOLDEN CORN SALAD w/GARBANZOS APRICOT HALVES	10
13 	14 SWEET-N-SOUR PORK BROWN RICE ORIENTAL VEGETABLES DINNER SALAD MANDARIN ORANGES	15 ROASTED CHICKEN OVEN POTATOES GREEN BEANS WHOLE GRAIN ROLL CRANBERRIES DESSERT	16 BEEF STROGANOFF OVER EGG NOODLES GREEN PEAS FOUR BEAN MEDLEY BAKED APPLES	17 Happy Father's Day 
20	21 SHEPARD'S PIE SWEET CORN CARROT RAISIN SALAD WHOLE GRAIN BREAD GOLDEN PEARS	22 BAKED HAM SWEET YAMS BRUSSELS SPROUTS WHOLE GRAIN ROLL PINEAPPLE DESSERT	23 CHILI CON CARNE CORN BREAD MIXED VEGGIES PURPLE BEETS FRUIT SALAD	24 <i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i>
27 	28 CHICKEN & VEGGIE STIR FRY BROWN RICE DINNER SALAD PLUMP PEACHES	29 TATER TOT CASSEROLE GREEN PEAS STEAMED CARROTS WHOLE GRAIN BREAD MIXED FRUIT	30 BBQ PORK ON A BUN BAKED BEANS COLESLAW APPLESAUCE DESSERT	

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, 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.