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| MC900021337[1] **TOWNsEND Senior NUTRITION Menu - MAY 2023****FOR MORE INFORMATION CALL: (406) 266-3995**  \*This menu is subject to change due to product availability |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **1****CABBAGE ROLLS****MASHED POTATOES****TOSSED SALAD****WHOLE GRAIN BREAD****APRICOT HALVES** | **2****CHEF SALAD****CARROT & CELERY STICKS****WHOLE GRAIN BREAD****MIXED FRUIT** | **3****SWEDISH MEATBALLS****MASHED POTATOES****KEY LARGO VEGETABLES****WHOLE GRAIN ROLL****APPLESAUCE****COOKIE** | **4****BAKED COD****RICE PILAF****CARROT COINS****BEAN MEDLEY****SWEET PEACHES** | **5****POLISH SAUSAGE****W/SAUERKRAUT****STEAMED POTATOES****MIXED VEGETABLES****WHOLE GRAIN ROLL****PINEAPPLE**  |
| **8****MONTANA PASTIES****GARDEN PEAS****TOSSED SALAD****APRICOTS** | **9****BBQ PORK RIBS****MACARONI SALAD****SWEET CORN****PICKLED BEETS****BAKED APPLES** | **10****TURKEY ALA KING****STEAMED POTATOES****STEAMED CARROTS****GARDEN SALAD W/BEANS****GOLDEN PEARS**  | **11****HAM SALAD SANDWICH****PEA SALAD****COLESLAW****MANDARIN ORANGES** | **12**MOTHER’S DAY DINNER**CHICKEN FRIED STEAK****MASHED POTATOES****GREEN BEANS****WHOLE GRAIN BREAD****SWEET PEACHES****DESSERT** |
| **15****BEEF STROGANOFF****EGG NOODLES****GERMAN VEGETABLES****CARROT RAISIN SALAD****MIXED FRUIT** | **16**BIRTHDAY DINNER**ROAST PORK****MASHED POTATOES** **GREEN BEANS****WHOLE GRAIN BREAD****APPLESAUCE** **BIRTHDAY CAKE** | **17****SPAGHETTI W/MEAT SAUCE****GREEN BEANS****GOLDEN CORN****JELLO W/FRUIT** | **18****BBQ CHICKEN BREAST****WILD RICE****KEY LARGO VEGETABLES****GARDEN SALAD w/BEANS****APRICOT HALVES** | **19****FISH PATTY ON A BUN****GREEN PEAS****COLESLAW****MANDARIN ORANGES**  |
| **22****BEEF TACOS****CHEESE & SOUR CREAM****LETTUCE & TOMATO** **MEXICAN CORN & BEANS****ZESTY PINEAPPLE**\*COMMODITIES\* | **23****BAKED CHICKEN****RICE PILAF****STEAMED CARROTS****DINNER SALAD****BLUSHING PEARS****CHOCOLATE MOUSSE** | **24****CAROL’S MEATLOAF****MASHED POTATOES W/GRAVY****GARDEN SALAD****WHOLE GRAIN BREAD** **PLUMP PEACHES** | **25****SWEET-N-SOUR PORK****FRIED BROWN RICE****GREEN BEANS****FOUR BEAN SALAD****BAKED APPLES** | **26****DELI SANDWICH****POTATO SALAD****PICKLED BEETS****FRUIT COCKTAIL** |
| **29****MEMORIAL DAY - CLOSED** | **30****SLOPPY JOES ON A BUN****BAKED BEANS****CREAMY COLESLAW****JUICY PEARS** **DESSERT** | **31****ROASTED TURKEY****MASHED POTATOES****GREEN BEANS****WHOLE GRAIN BREAD****PLUMP PEACHES** | *Low-fat milk is delivered daily and served daily at the**Dinner Club* |  |

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, RDN Cassandra Drynan, RDN .

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