

TOWNSEND SENIOR NUTRITION MENU - September 2022

FOR MORE INFORMATION CALL – (406) 266-3995



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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|  |  | <p><i>Low-fat milk is delivered daily and served daily at the Dinner Club</i></p>  | <p>1 BBQ PORK SANDWICH POTATO SALAD PICKLED BEETS CINNAMON APPLESAUCE</p> | <p>2 SALISBURY STEAK STEAMED POTATOES CALIFORNIA BLEND CARROT RAISIN SALAD MANDARIN ORANGES</p> |
| <p>5 CLOSED</p>  <p>Labor Day</p> | <p>6 SPAGHETTI w/MEAT SAUCE GREEN BEANS GOLDEN CORN MIXED FRUIT DESSERT</p> | <p>7 ROAST PORK MASHED POTATOES KEY LARGO VEGETABLES WHOLE GRAIN ROLL APPLESAUCE</p> | <p>8 BAKED COD RICE PILAF CARROT COINS BEAN MEDLEY SWEET PEACHES</p> | <p>9 CABBAGE ROLLS MASHED POTATOES TOSSED SALAD WHOLE GRAIN BREAD PINEAPPLE</p> |
| <p>12 MONTANA PASTIES GARDEN PEAS TOSSED SALAD JELLO w/FRUIT</p> | <p>13 BBQ PORK RIBS MACARONI SALAD SWEET CORN PICKLED BEETS BAKED APPLES</p> | <p>14 CHICKEN ALA KING STEAMED POTATOES MIXED VEGETABLES TOSSED SALAD w/BEANS GOLDEN PEARS</p> | <p>15 HAM SALAD SANDWICH PEA SALAD COLESLAW MANDARIN ORANGES</p> | <p>16 CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD SWEET PEACHES</p> |
| <p>19 BEEF STROGANOFF EGG NOODLES GERMAN VEGETABLES CARROT RAISIN SALAD MIXED FRUIT</p> | <p>20 <u>BIRTHDAY DINNER</u> PORK CHOPS STEAMED POTATOES BAKED BEANS SLICED BEETS APPLESAUCE BIRTHDAY CAKE</p> | <p>21 CHEF SALAD CARROT & CELERY STICKS WHOLE GRAIN BREAD FRESH FRUIT</p> | <p>22 SWEDISH MEATBALLS MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD APRICOT HALVES</p> | <p>23 FISH PATTY ON A BUN GREEN PEAS COLESLAW MANDARIN ORANGES</p> |
| <p>26 BEEF TACOS CHEESE & SOUR CREAM LETTUCE & TOMATO MEXICAN CORN & BEANS ZESTY PINEAPPLE</p> | <p>27 BAKED CHICKEN RICE PILAF STEAMED CARROTS DINNER SALAD BLUSHING PEARS CHOCOLATE MOUSSE</p> | <p>28 CAROL'S MEATLOAF MASHED POTATOES w/GRAVY GARDEN SALAD WHOLE GRAIN BREAD PLUMP PEACHES</p> | <p>29 SWEET-N-SOUR PORK FRIED BROWN RICE GREEN BEANS FOUR BEAN SALAD BAKED APPLES</p> | <p>30 FRENCH TOAST SCRAMBLED EGGS LINK SAUSAGE DICED POTATOES KEY LARGO VEGETABLES FRUIT SALAD</p> |

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.