



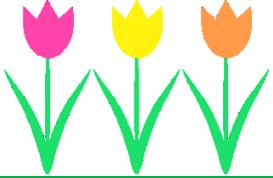
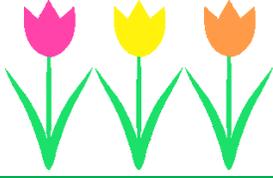
BOULDER SENIOR NUTRITION MENU - MARCH 2026



LUNCH SERVED FROM 11:30 – 12:30

FOR RESERVATIONS CALL (406) 437-2701

*This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 KFC BOWL POPCORN CHICKEN CORN, CHEDDAR CHEESE & GRAVY OVER MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL FRUITED JELLO	4 HAM & BEANS CORN BREAD PURPLE BEETS MIXED VEGETABLES GOLDEN PEARS	5 MONTANA PASTIES w/GRAVY GOLDEN CORN COLESLAW FRUIT SALAD	6 
9 	10 HUNGARIAN GOULASH GREEN BEANS DINNER SALAD APRICOTS DESSERT	11 CHICKEN ENCHILADAS MEXICAN CORN & PINTO BEANS MIXED VEGETABLES PINEAPPLE	12 BAKED PORK CHOP OVEN POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL APPLESAUCE	13 
16	17 SALISBURY STEAK MASHED POTATOES MIXED VEGETABLES FOUR BEAN MEDLEY WHOLE GRAIN BREAD SWEET PEARS	18 POLISH DOG ON A BUN SAUERKRAUT SWEET CORN CARROT RAISIN SALAD MIXED FRUIT	19 PARMESAN CHICKEN BROWN RICE GREEN BEANS CAULIFLOWER PLUMP PEACHES JELLO	20 
23 	24 SWEDISH MEATBALLS RICE PILAF GREEN PEAS PURPLE BEETS FRUIT SALAD	25 BBQ PORK RIBS BAKED BEANS COLESLAW WHOLE GRAIN ROLL APPLESAUCE	26 TURKEY IN GRAVY MASHED POTATOES MIXED VEGETABLES WHOLE GRAIN BREAD CRANBERRIES *USDA FOODS*	27 
30 	31 BAKED COD WILD RICE STEAMED CARROTS DINNER SALAD SWEET PEACHES	<i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i>		31 

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

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 \$10.00.