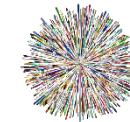




AUGUSTA SENIOR NUTRITION MENU - JULY 2022



For More Information call: (406) 562-3623

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<i>Low-fat milk is delivered daily and served daily at the Dinner Club</i>		1 MEATBALL SANDWICH DICED BEETS POTATO SALAD FRUIT CUP
4 CLOSED  <i>Happy 4th of July</i>	5 TERIYAKI CHICKEN BROWN RICE STIR FRY VEGETABLES GARDEN SALAD MANDARIN ORANGES	6 MEAT & CHEESE PIZZA PEAS & CARROTS VEGGIE SALAD ORANGE SLICES JELLO SQUARES	7 CHEF'S CHOICE ENTRÉE BRUSSELS SPROUTS TOSSED SALAD WHOLE GRAIN ROLL APPLESAUCE	8 CALICO BEANS CORN BREAD PURPLE BEETS GARDEN COLESLAW COTTAGE CHEESE & PEACHES
11 MAC-N-CHEESE w/TOMATOES & BACON GREEN BEANS TOSSED SALAD APPLE SLICES	12 TOMATO BISQUE GRILLED CHEESE SANDWICH BROCCOLI SLAW BEAN MEDLEY JUICY PEARS	13 CHICKEN FRIED STEAK MASHED POTATOES DINNER SALAD WHOLE GRAIN ROLL CRANBERRIES	14 CHEF'S CHOICE ENTRÉE SWEET CORN VEGGIE SALAD BREADSTICK PINEAPPLE	15 TUNA BUNWICH CRISP COLESLAW CARROT & CELERY STICKS AMBROSIA SALAD
18 HAM & EGGS DICED POTATOES GREEN SALAD FRUIT MUFFIN FRESH FRUIT	19 CHICKEN SALAD GARDEN PEAS PURPLE BEETS BREADSTICK MANDARIN ORANGES	20 <u>BIRTHDAY DINNER</u> MEAT LASAGNA GARLIC BREAD GREEN BEANS SALAD w/BEANS PLUMP PEACHES BIRTHDAY CAKE	21 CHEF'S CHOICE ENTRÉE GREEN BEANS STEAMED CARROTS WHOLE GRAIN ROLL FRUIT SALAD	22 BBQ PORK SANDWICH POTATO SALAD COLESLAW PINEAPPLE RINGS
25 MEATBALLS & GRAVY RICE PILAF BUTTER BEETS BEAN MEDLEY GOLDEN PEARS	26 KALUA PORK MACARONI SALAD MALIBU VEGGIES GARDEN SALAD BAKED APPLES	27 UNSTUFFED CABBAGE ROLLS w/BROWN RICE & BEEF TOSSED SALAD APRICOT HALVES	28 CHEF'S CHOICE ENTRÉE PEAS & CARROTS DINNER SALAD HOT ROLL CRANBERRIES	29 FISH SANDWICH ON A BUN TATER TOTS CARROT RAISIN SALAD FRUIT CUP 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, RDN. *Cassandra Drynan, RDN.*

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