

Prairie Mountain Nutrition and
Pioneer Senior Citizens of
COTTONWOOD

Meals served Tuesdays at 12:00 noon



COTTONWOOD

<https://prairiemountainnutrition.org>

SEPTEMBER 3

SALISBURY STEAK
MASHED POTATOES
GREEN BEANS
CARROT RAISIN SALAD
CHILLED PEACHES
WW BREAD

SEPTEMBER 17

HAM
MAC N CHEESE
GREEN SALAD
TOMATOE WEDGE
CORN
PEACHES
WW BREAD

SEPTEMBER 10

CHICKEN CACCIATORE
STEAMED BROCCOLI
MANDARIN ORANGES
COLD PEA SALAD
WW ROLL

SEPTEMBER 24

SWEDISH MEATBALLS
RICE
CREAMY COLESLAW
APPLESAUCE
CARROTS
WW ROLL

*All meals served with milk.

USDA is an equal opportunity provider and employer

For more information contact Tiffany Forsmann 208-962-7393

Meals are subject to change

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