

Prairie Mountain Nutrition and
Pioneer Senior Citizens of
COTTONWOOD
Meals served Tuesdays at 12:00 noon



COTTONWOOD

<https://prairiemountainnutrition.org>

JANUARY 7

TACO CASSEROLE
CORN SALSA, SOUR CREAM
GREEN SALAD W/ TOMATOES
PEARS
WW BREAD
CHOCOLATE CHIP COOKIES

JANUARY 21

BAKED CHICKEN THIGHS
ROASTED POTATOES
MANDARIN ORANGES
CORN
WW BREAD

JANUARY 14

PORK CHOPS
SCALLOPED POTATOES
GREEN BEANS
TROPICAL FRUIT
WW BREAD

JANUARY 28

HAM DINNER
MASHED POTATOES W/ GRAVY
APPLESAUCE
CARROTS
WW ROLL
PUDDING

*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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