



August 2026

Hours of Operation:

9:00 A.M. - 3:00 P.M.

Wednesday thru Friday

Take Out: Call 208-847-3141

to Schedule Pick-up Time

Menu Subject to Change

Due to Availability of Food



Changing Lives One Meal at a Time

LOCATED JUST NORTH AND EAST OF THE HELICOPTER PAD

* 300 HOSPITAL PLAZA * 115 S. 4TH STREET *

* MONTPELIER, ID 83254 * 208.847.3141 *

Lunch: under age 60 ~ price ~ \$7⁰⁰ / age 60 & over ~ suggested donation ~ \$6⁰⁰

Lunch Served: Wednesday & Thursday 11:30 A.M. ~ 1:00 P.M.

Friday Entertainment @ 11:30 A.M.; Lunch NOON until 1:00 P.M.

Time	Wednesday	Thursday	Friday
9:00 A.M.			
10:00 A.M.	Bingo	Art	
11:30 A.M.	Roast Beef	Cowboy Casserole	Dustin James
NOON	:30 Chair Fitness		Ham & Scallop Potato
1:00 P.M.			
6:00 P.M.			
9:00 A.M.		Art	
10:00 A.M.	Bingo		
11:30 A.M.	BBQ Chicken / Baked Beans	Meatloaf Sandwich	Jacob Holmquist
NOON	:30 Chair Fitness		Chicken Cordon Bleu
1:00 P.M.			
6:00 P.M.			
9:00 A.M.		Art	
10:00 A.M.	Bingo		
11:30 A.M.	Meatball Linguine	French Dip	Yorgason Sisters
NOON	:30 Chair Fitness		Grilled Chicken / Rice Pilaf
1:00 P.M.			
6:00 P.M.			
9:00 A.M.		Art	
10:00 A.M.	Bingo		
11:30 A.M.	Beef Stew	Chicken and Funeral Potato	Cordell Green
NOON	:30 Chair Fitness		Chicken Fried Steak
1:00 P.M.			
6:00 P.M.			

August

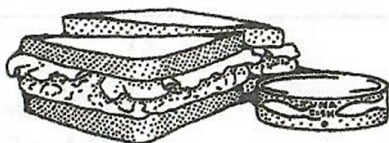
August 2026 Nutrition Article

Protein! With summer gardening coming to an end, some of us may have a surplus of produce including fruits and vegetables. What better way to pair these foods than with protein! Protein can help fuel our bodies, maintain satiety levels, muscle tone, and blood sugar levels. Protein is often thought as being an animal source, this is true. But protein can also be found in: eggs, peanut butter, tofu, lentils, seeds, beans, yogurt, etc.

- It is recommended that active older adults consume anywhere from 0.8-1.2 grams per kilogram of their ideal body weight in protein (depending on activity level). For example, a 150 lb person should have anywhere from 54-82 grams of protein per day
- Protein can be added to foods in a variety of ways:
 - Adding protein-rich foods (peanut butter, protein powder, Greek yogurt, or oats) to smoothies
 - "Bulking up" a tuna fish sandwich with chopped boiled eggs, olives, etc.

Seasonal foods in August:

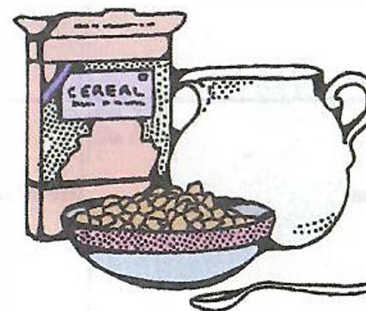
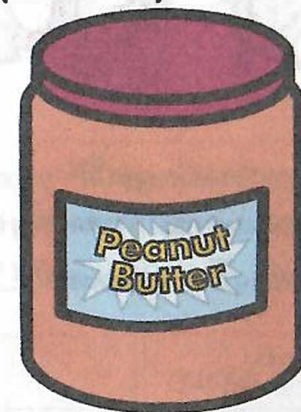
- Tomato
- Lettuce
- Corn
- Zucchini



Protein-Packed Peanut Butter Overnight Oats (serves 2-3)

- 1 cup old fashioned oats
- 1 cup milk, any kind
- ½ cup Greek yogurt, plain or vanilla
- 2 Tbsp Peanut butter
- 2 Tbsp peanuts (optional)
- 1 Tbsp Chocolate chips (optional)

Mix all ingredients into a bowl (large mason jars are popular as they come with a lid and store well), and refrigerate for at least one hour or overnight for best texture and blending of all flavors. Store in an airtight container, refrigerate for up to 5 days. Approximately 20 grams of protein per serving.



FREE NUTRITION COUNSELING

- Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa (habla español), services also available in Spanish. **Ask your center staff for details today!**
 - Please reach out to our site for help with the following:
 - New medical diagnosis i.e. cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.
 - Food resources - Food banks, pantries, programs, etc.
 - Menu planning, budgeting, and recipe ideas