



JUNE 2026

Hours of Operation:
 9:00 AM - 3:00 PM
 Wednesday thru Friday



Changing Lives One Meal at a Time

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

Lunch Served: Wednesday & Thursday 11:30 AM ~ 1:00 PM

Friday Entertainment @ 11:30 AM; Lunch NOON until 1:00 PM

Take Out: Call 208-847-3141
 to Schedule Pick-up Time
 Menu Subject to Change
 Due to Availability of Food

LOCATED JUST NORTH AND EAST OF THE HELICOPTER PAD

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

* MONTPELIER, ID 83254 * 208.847.3141 *

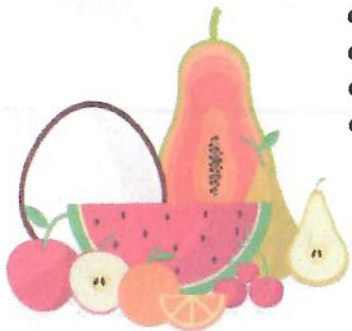
Time	Wednesday	Thursday	Friday
9:00 A.M.		Art	
10:00 A.M.	Bingo		
11:30 A.M.	Cowboy Casserole	Fried Chicken	Dustin James
NOON	:30 Chair Fitness		Pork Sirloin
1:00 P.M.			
6:00 P.M.			
9:00 A.M.		Art	
10:00 A.M.	Bingo		
11:30 A.M.	Sweet and Sour Chicken	Chicken Enchilada Burrito	Gary Scott
NOON	:30 Chair Fitness		Meatloaf
1:00 P.M.			
6:00 P.M.	Art Night		
9:00 A.M.		Art	
10:00 A.M.	Bingo		
11:30 A.M.	Turkey Stuffing Casserole	Corned Beef Sandwich	TJ Clews
NOON	:30 Chair Fitness		Spaghetti
1:00 P.M.			
6:00 P.M.		Quilt Guild	
9:00 A.M.		Art	
10:00 A.M.	Bingo	11:30 - Stitches	
11:30 A.M.	KFC Bowls	Turkey Sandwich and Soup	Cordell Green
NOON	:30 Chair Fitness		Twice Baked Potato Casserole
1:00 P.M.			
6:00 P.M.	Art Night		

JUNE 2026 NUTRITION ARTICLE

June weather is approaching, and with that comes extended sun exposure, potential sun burns, and dehydration

- Tips to safely enjoy the sun this summer:
 - Apply sun lotion, and REAPPLY often (every 2-3 hours if outside)
 - Wear protective eye coverings
 - Sun hats with a large brim
 - Sunglasses or goggles when swimming
 - Wear light layers
 - Light weighted layers that are easily removable
- Stay hydrated with plenty of water!
 - 8 cups per day recommended (at least)
 - Flavor water with:
 - Cucumber slices
 - Berries
 - Lemon or lime

Seasonal foods in June?



- Mangos
- Strawberries
- Watermelons
- Cucumbers

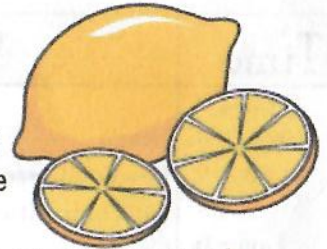


Seafood Ceviche

- 2 cups shrimp; cleaned, cooked, and diced
- 1 cup imitation crab, diced (optional)
- ½ cup tomato, diced
- ½ cup cucumber, diced
- ½ cup red onion, diced
- ¼ cup jalapeno, seeded and diced
- ¼ cup of cilantro, minced
- ¼ cup lime or lemon juice
- Salt and pepper to taste

In a large bowl add in all listed ingredients, stir well. Refrigerate for at least 3 hours so flavors can settle. Serve with tortilla chips or crackers, enjoy!

Optional toppings or mix-ins: V-8 vegetable juice, sliced avocados, pickled jalapenos, diced mango, etc.



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