

2025



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.*



LOCATED JUST NORTH AND EAST OF THE HELICOPTER PAD • 300 HOSPITAL PLAZA. • MONTPELIER, ID 83254 • 208.847.3141

Time	Wednesday	Thursday	Friday
10:00 A.M.	<div>Lunch: under age 60-price-\$7.⁰⁰/ age 60 & over-suggested donation-\$6.⁰⁰ 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.</div>	9:00—Art Mancotti	Dustin James, Fun Apple Chicken Stuffing
11: 30A.M.		National Chocolate Parfait Day	National Butterscotch Brownie Day
noon			
1:00 P.M.			
6:30 P.M.		Table Tennis	
10:00 A.M.	Bingo	9:00—Art	Heber Dunford, Guitar & Singing
11: 30A.M.	Meatball Linguini	Corned Beef Sandwich	Taco Cornbread Casserole
noon	12:30 Fit for Fallproof	National Coconut Cream Pie Day	*Root Beer Float-free for mothers*
1:00 P.M.			National Butterscotch Brownie Day
6:30 P.M.	Art Night	Table Tennis	
10:00 A.M.	Bingo	9:00—Art	11:30-Book Club
11:30 A.M.	Pork Chops / Pilaf	Sloppy Joes	Aimee Nielsen, Song
noon	12:30 Fit for Fallproof	National Chocolate Chip Day	Hamburger Steak
1:00 P.M.			National Do Something Good for Your Neighbor Day
6:30 P.M.		Table Tennis	
10:00 A.M.	Bingo	9:00—Art	Yorgason Sisters, Piano & Song
11:30 A.M.	BBQ Ribs / Baked Beans	Ranch Bacon Patty	Grilled Chicken / Potato Salad
noon	12:30 Fit for Fallproof	National Vanilla Pudding Day	National Lucky Penny Day
1:00 P.M.			
6:30 P.M.	Art Night	Table Tennis	
10:00 A.M.	Bingo	9:00—Art	Cordell Green
11:30 A.M.	Sweet & Sour Chicken	Nacho Tacos	Pork Roast over Rice
noon	12:30 Fit for Fallproof	11:30—Stitchers	
1:00 P.M.		National Senior Health and Fitness Day	International Hug Your Cat Day
6:30 P.M.			



**TO MAKE CHANGES TO
YOUR HOME DELIVERY,
CALL BEFORE
10:00 A.M.**



Nutrition Hints for May

With warmer weather and sunnier days ahead, let's get out there and soak up some Vitamin D. The sun provides us with vitamin D and can help us feel happier; studies show that Vitamin D helps reduce levels of depression and regulate mood.

Also, having adequate amounts of Vitamin D can help our bodies to retain Calcium and Phosphorus, essential for bone maintenance and integrity.

Sources of Vitamin D include:

- Sun
- Fish (Oily fish such as salmon, tuna, swordfish, oysters, etc)
- Eggs
- Orange juice, that has been FORTIFIED with Vitamin D
- Dairy products that have been FORTIFIED with Vitamin D
- Supplements

Recommendations for supplement intake include:

- 600 IU (international units) for adults 18-70 years old
- 800 IU for adults over 70 years old

Seasonal foods in May

- Pineapples
- Strawberries
- Mangos
- Peas

Seasonal fruit salad with Honey poppyseed dressing

- 2 cups strawberries, cubed into bite size pieces
- 2 cups banana, cubed
- 1 cup blueberries
- 1 tbsp juice of lemon or lime
- 1/4 cup honey
- 2 tsp poppyseeds

Rinse and cube all fruits (with the exception of blueberries), place in a large bowl, and set aside. In a small bowl or cup, mix in juice of lemon/lime, honey, and poppyseeds. Mix well. Pour honey mixture over the fruit and gently mix to coat all the fruit. Enjoy!

Store in an airtight container in the refrigerator for up to 3 days to avoid fruits getting mushy. Also, enjoy with a side of cottage cheese for a sweet and savory treat!

Optional substitutions:

- Raspberries,
- mangos,
- grapes,
- pears,
- pineapple, 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