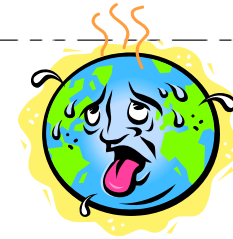


HELENA/EAST HELENA DDC MENU

JULY 2010--MEALS SERVED AT 12:00



For Additional Information Call 447-1680 Helena

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Low fat milk served every day at congregate sites and delivered every Monday for HDM	(HDM) Means Home Delivered Meals only +++ Congregate Meal in Helena has a full scale salad bar except as noted		-1- BBQ CHICKEN BABY RED POTATOES GARDEN VEGETABLES WHOLE GRAIN ROLL/BREAD MIXED GREEN SALAD (HDM)	-2- BRATS ON A BUN BAKED BEANS CABBAGE SLAW CHERRY TORT BAR
-5- FOURTH OF JULY CELEBRATION - CLOSED 	-6- PASTIES WITH GRAVY CAPRI VEGETABLES CRANBERRY SAUCE FRESH FRUIT (HDM)	-7- PORK A LA KING OVER RICE KEY LARGO VEGETABLES LIMA BEANS PEACHES	-8- STUFFED GREEN PEPPERS RED POTATOES GOLDEN CORN WHOLE GRAIN ROLL/BREAD MIXED GREEN SALAD (HDM)	-9- BIRTHDAY DINNER OVEN BAKED CHICKEN SCALLOPED POTATOES PEAS & CARROTS SPICED APPLE CAKE/ICE CREAM (NO SALAD BAR)
-12- PULLED PORK SANDWICH BAKED FRIES 4-BEAN SALAD APRICOTS	-13- EGG AND CHEESE STRATA HASH BROWN POTATOES PICKLED BEETS MUFFIN/ROLL FRESH FRUIT (HDM)	-14- BREADED VEAL GARLIC MASHED POTATOES ZUCCHINI, CORN AND PEPPERS BAKED APPLES	-15- GREIF & LOSS GROUP BAKED HAM AU GRATIN POTATOES GARDEN VEGETABLES WHOLE GRAIN ROLL/BREAD MIXED GREEN SALAD & BLACK BEANS (HDM)	-16- AARP CHICKEN ROTINI BAKE GARDEN PEAS GLAZED CARROTS FRUIT SALAD
-19- BBQ PORK BITS BAKED POTATOES BRUSSEL SPROUTS CRANBERRY SAUCE	-20- OVEN ROASTED CHICKEN MASHED POTATOES WITH GRAVY GREEN PEAS ROLL FRESH FRUIT (HDM)	-21- BEEF TACO CASSEROLE W/ PINTO BEANS & CORN CHIPS MEXICAN CORN MANDARIN ORANGES	-22- POLISH SAUSAGE OVEN BAKED BEANS BAKED FRIES WHOLE GRAIN ROLL/BREAD COLESLAW (HDM)	-23- CHICKEN PARMESAN ITALIAN VEGETABLES GARLIC BREAD FRUIT CUP
-26- HOT TURKEY SANDWICH MASHED POTATOES & GRAVY CAPRI VEGGIES PEARS & PEACHES	-27- TERIYAKI MEATBALLS BROWN RICE PEA PODS JAPANESE VEGETABLES FRESH FRUIT (HDM)	-28- PORK ROAST MASHED POTATOES/ GRAVY SPICED APPLE RING STEAMED SPINACH WHOLE GRAIN ROLL/BREAD	-29- ITALIAN LASAGNA BROCCOLI SPEARS GARLIC BREAD TOSSED GREEN SALAD W/GARBANZO BEANS (HDM)	-30- CHICKEN AND DRESSING SUPREME PARSLEY CARROTS 4-BEAN SALAD

USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250. This menu has been reviewed and approved by a Registered Dietitian, Lin Pasch, R.D., Lin Pasch, R.D. Suggested donation for 60 years old and over \$3.50. Under 60 years \$6.50.