






# HELENA SENIOR NUTRITION MENU - JULY 2022

LUNCH SERVED AT 11:30 am beginning 7/5/22

FOR MORE INFORMATION CALL: (406) 447-1680

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i></p>		SALAD BAR INCLUDED IN CONGREGATE MEALS		<p>1 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS MANDARIN ORANGES</p>
<p>4 <b>CLOSED – 4<sup>TH</sup> of July</b></p> 	<p>5 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRESH FRUIT</p>	<p>6 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRUIT CRISP</p>	<p>7 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES VEGGIE BLEND TOSSED GREEN SALAD w/KIDNEY BEANS BAKED APPLES</p>	<p>8 <u>BIRTHDAY DINNER</u> HEARTY MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL CARROT RAISIN SALAD MIXED FRUIT CUP BIRTHDAY CAKE</p>
<p>11 SALMON PATTY w/CREAMY REMOULADE SAUCE WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES</p>	<p>12 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD FRESH FRUIT</p>	<p>13 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD APRICOT HALVES</p>	<p>14 CREAMY CRANBERRY MEATBALLS BROWN RICE WINTER SQUASH CARROT RAISIN SALAD BLUSHING PEARS</p>	<p>15 BAKED GARLIC BUTTER POLLOCK FILET RICE PILAF LEMON PARMESAN BROCCOLI WHOLE GRAIN ROLL MANDARIN ORANGES</p>
<p>18 CHICKEN HUNTER WILD RICE GREEN BEANS GARDEN MIX VEGETABLES SWEET PEARS</p>	<p>19 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT</p>	<p>20 PORK CHOPS-N-GRAVY MASHED POTATOES CABBAGE &amp; CARROTS WHOLE WHEAT ROLL BAKED APPLES</p>	<p>21 HOT BROWN TURKEY CASSEROLE OVER TOASTED WHOLE GRAIN BREAD SWEET PEAS TOSSED SALAD w/BEANS BLUSHING PEARS</p>	<p>22 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE</p>
<p>25 TACO SOUP w/CORN CHIPS MIXED VEGETABLES PICKLED BEETS WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>26 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY FRESH FRUIT</p>	<p>27 TATER TOT CASSEROLE CARROT COINS GREEN PEAS FRUIT CUP</p>	<p>28 TOMATO, LEMON &amp; THYME BAKED COD RICE PILAF ZUCCHINI SQUASH COLESLAW APRICOTS</p>	<p>29 BISCUITS &amp; SAUSAGE GRAVY CASSEROLE BREAKFAST POTATOES w/FRIED ONION PEPPER &amp; ONION SWEET CORN CINNAMON CHERRY APPLES</p>

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS

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, Cassandra Drynan, RDN Cassandra Drynan, RDN

**Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.**