




# HELENA SENIOR NUTRITION MENU – AUGUST 2024



LUNCH SERVED FROM 11:30-12:30

For Additional Information Call: (406) 447-1680

\*This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i>	SALAD BAR INCLUDED IN CONGREGATE MEALS	1 FISH PATTY w/TARTAR ON A BUN PEAS & CARROTS GREEN SALAD w/GARBANZOS PLUMP PEACHES	2 PEPPER STEAK BABY RED POTATOES GREEN BEANS WHOLE GRAIN ROLL MANDARIN ORANGES
5 TERIYAKI CHICKEN BREAST FRIED BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE	6 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES	7 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL FRESH FRUIT	8 SWEET & SOUR MEATBALLS BROWN RICE MIXED VEGETABLES CAULIFLOWER CARROT RAISIN SALAD	9 <u>BIRTHDAY DINNER</u> CHICKEN CORDON BLEU MEATLOAF w/CREAMY DIJON GRAVY & WILD RICE PARSLEY CARROTS LIMA BEANS BLUSHING PEARS BIRTHDAY CAKE
12 BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES	13 COD FETTUCCINI ALFREDO SAUTÉED GREENS CARROT COINS CRANBERRIES	14 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI FRESH FRUIT	15 BBQ SMOKIES ROASTED REDS VEGETABLE BLEND COLESLAW PINEAPPLE	16 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS
19 SALMON PATTY ON A BUN KEY LARGO VEGGIES SWEET POTATOES JUICY PEACHES	20 BEEF BROCCOLI OVER STEAMED RICE CARROT COINS APRICOT HALVES	21 CHICKEN BALI (COCONUT LIME CHICKEN) OVER FRESH PASTA LINGUINE BROCCOLI & CAULIFLOWER ROASTED SQUASH FRESH FRUIT	22 SALISBURY STEAK SEASONED BROWN RICE SCANDINAVIAN VEGETABLES 4-BEANS & GREENS MANDARIN ORANGES	23 HERB ROASTED PORK TENDERLOIN MASHED POTATOES & GRAVY GARDEN PEAS PICKLED BEETS FRUIT COCKTAIL
26 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS CRANBERRIES	27 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES MANDARIN ORANGES	28 CHICKEN BACON RANCH BUTTERED NOODLES GARDEN PEAS CARROT COINS FRESH FRUIT	29 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES FRUITED JELLO	30 SOUTHWESTERN BEEF-N-RICE ROASTED ZUCCHINI SPRING VEGETABLE MIX PINEAPPLE

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

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.