



# HELENA/EAST HELENA DDC MENU



**JUNE 2018- MEALS SERVED FROM 11:00 – 12:30**

**For Additional information Call 447-1680 Helena**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Low fat milk is served every day in the Daily Dinner Club (DDC) and delivered every Monday, Wednesday, and Friday to Home Delivered Meals (HDM)</i>		<i>Congregate meals in Helena have a full salad bar unless otherwise stated</i>	<sup>1</sup> <b>CHILI DOG ON A BUN SWEET CORN ZUCCHINI SQUASH GOLDEN PEARS</b>
<sup>4</sup> <b>BEEF STROGANOFF EGG NOODLES VEGETABLE MEDLEY STEAMED CAULIFLOWER PINEAPPLE</b>	<sup>5</sup> <b>LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES</b>  <b>FRESH FRUIT (HDM)</b>	<sup>6</sup> <b>HAMBURGER ON A BUN GOLDEN CORN BAKED BEANS APRICOT HALVES</b>	<sup>7</sup> <b>CORNEBEEF HASH OVER POTATOES SWEET PEAS WHOLE GRAIN BREAD BLUSHING PEARS</b>  <b>TOSSED GREENS W/BEANS (HDM)</b>	<sup>8</sup> <b><u>BIRTHDAY DINNER</u> PORK WITH GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES CAKE &amp; ICE CREAM <u>NO SALAD BAR</u></b>
<sup>11</sup> <b>MOCK CHOP SUEY BROWN RICE PICKLED BEETS FOUR BEAN SALAD SWEET PEACHES</b>	<sup>12</sup> <b>BAKED COD W/TARTAR RICE PILAF STEAMED BROCCOLI CARROT COINS</b>  <b>FRESH FRUIT (HDM)</b>	<sup>13</sup> <b>TATER TOT CASSEROLE GREEN &amp; YELLOW ZUCCHINI WHOLE GRAIN ROLL FRUIT CUP</b>	<sup>14</sup> <b>RASPBERRY CHICKEN BREAST BUTTERED NOODLES GARDEN PEAS JUICY PEARS</b>  <b>COLESLAW (HDM)</b>	<sup>15</sup> <b><u>FATHER'S DAY DINNER</u> HAMBURGERS &amp; POLISH SAUSAGE ON A BUN SWEET POTATO FRIES BAKED BEANS WATERMELON</b>
<sup>18</sup> <b>JUNE'S PASTY w/GRAVY PACIFIC VEGGIES LIMA BEANS SWEET PEARS</b>	<sup>19</sup> <b>CHICKEN NOODLE CASSEROLE GREEN PEAS APRICOT HALVES</b>  <b>FRESH FRUIT (HDM)</b>	<sup>20</sup> <b>ROAST TURKEY BREAD STUFFING MASHED POTATOES &amp; GRAVY BRUSSEL SPROUTS CRANBERRIES</b>	<sup>21</sup> <b>EGG &amp; SAUSAGE STRATA FRENCH TOAST STICKS POTATO WEDGES CINNAMON CHERRY APPLES</b>  <b>GREEN SALAD W/GARBANZOS (HDM)</b>	<sup>22</sup> <b>SWEET &amp; SOUR MEATBALLS (PINEAPPLE, PEPPERS) BROWN RICE ORIENTAL VEGETABLES BROCCOLI SPEARS PURPLE PLUMS</b>
<sup>25</sup> <b>SPAGHETTI w/MEAT SAUCE (tomatoes &amp; mushrooms) GARLIC BREAD BROCCOLI SPEARS DICED BEETS PINEAPPLE</b>	<sup>26</sup> <b>BBQ SHREDDED PORK SWEET YAMS MIXED VEGETABLES W/BEANS WHOLE GRAIN ROLL APPLESAUCE</b>  <b>FRESH FRUIT (HDM)</b>	<sup>27</sup> <b>CHILI WITH BEANS (ONIONS, GRATED CHEESE) CORN BREAD PARSLEY CARROTS GOLDEN CORN BLUSHING PEARS</b>	<sup>28</sup> <b>BREADED FISH W/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER</b>  <b>CARROT RAISIN SALAD (HDM)</b>	<sup>29</sup> <b>TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES STEAMED CABBAGE SWEET PEACHES</b>

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 \$4.00 and under 60 years \$7.00.