






# HELENA SENIOR NUTRITION MENU - JULY 2021

LUNCH SERVED AT 11:00

FOR MORE INFORMATION CALL: 447-1680

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Low fat milk is served daily</i></p>		<p>SALAD OPTIONS AVAILABLE FOR CONGREGATE DINING</p>	<p>1 SALISBURY STEAK STEAMED BROWN RICE YELLOW &amp; GREEN ZUCCHINI 4-BEANS &amp; GREENS PLUMP PLUMS</p>	<p>2 <u>CLOSED</u> Juneteenth observed</p> 
<p>5 <u>CLOSED – 4<sup>TH</sup> OF July observed</u></p> 	<p>6 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES FRESH FRUIT</p>	<p>7 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES</p>	<p>8 BEEF RAVIOLI CASSEROLE GOLDEN CORN CARROT RAISIN SALAD MIXED FRUIT</p>	<p>9 <u>BIRTHDAY DINNER</u> HAM &amp; SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS MANDARIN ORANGES BIRTHDAY CAKE</p>
<p>12 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES</p>	<p>13 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES FRESH FRUIT</p>	<p>14 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES</p>	<p>15 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES FRUITED JELLO</p>	<p>16 KUNG PAO SLOPPY JOE ON A BUN CORN &amp; BEAN MEDLEY CAULIFLOWER APRICOTS</p>
<p>19 TOMATO BRAISED COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP</p>	<p>20 CHICKEN BOWL (MASHED POTATOES, CORN &amp; GRAVY) CARROT COINS WHOLE GRAIN ROLL FRESH FRUIT</p>	<p>21 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES</p>	<p>22 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN COLESLAW JUICY PEACHES</p>	<p>23 ORANGE CHICKEN WILD RICE BROCCOLI &amp; CAULIFLOWER FOUR BEAN SALAD PINEAPPLE</p>
<p>26 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES</p>	<p>27 PORK &amp; VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE FRESH FRUIT</p>	<p>28 PARMESAN CHICKEN BREAST BUTTERED ROTINI CREAMED SPINACH CARROT COINS PINEAPPLE</p>	<p>29 POTATO, VEGGIE &amp; CHEESE EGG BAKE WHOLE GRAIN ROLL TOSSED GREEN SALAD w/BEANS SWEET PEACHES</p>	<p>30 CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES</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.**