







# HELENA SENIOR NUTRITION MENU - JUNE 2023



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
	<p><i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i></p> <p><i>SALAD BAR INCLUDED IN CONGREGATE MEALS</i></p>		<p>1 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES</p>	<p>2 <u>BIRTHDAY DINNER</u> ROASTED PORK TENDERLOIN WITH BROWN SUGAR MUSTARD GLAZE HERB SEASONED ROASTED POTATO MEDLEY CABBAGE CARROT BLEND WHOLE WHEAT ROLL BAKED APPLES BIRTHDAY CAKE</p>
<p>5 CREAMY BEEF &amp; BOWTIE PASTA GREEN PEAS PICKLED BEETS APRICOTS</p>	<p>6 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRUIT CRISP</p>	<p>7 CHICKEN NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRESH FRUIT</p>	<p>8 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS</p>	<p>9 <u>CLOSED</u>  <u>STAFF TRAINING</u></p>
<p>12 SALMON PATTY WITH FRUIT SALSA WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES</p>	<p>13 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD PURPLE PLUMS</p>	<p>14 CHICKEN MILANO OVER PASTA CAVATAPPI COUNTRY BLEND VEGGIES FOUR BEAN SALAD FRESH FRUIT</p>	<p>15 CHILI DOG ON A BUN POTATO SALAD CARROT RAISIN SALAD MIXED FRUIT</p>	<p>16 <u>FATHER'S DAY DINNER</u> HEARTY MEATLOAF MASHED POTATOES w/BROWN SAUCE SWEET CORN GOLDEN PEARS WHOLE GRAIN ROLL TRIPLE CHOCOLATE FUDGE BROWNIE À LA MODE</p>
<p>19 CLOSED </p>	<p>20 CHICKEN FLORENTINE OVER SEASONED BROWN RICE VEGGIE BLEND PURPLE BEETS BAKED APPLES</p>	<p>21 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT</p>	<p>22 TURKEY SLOPPY JOE JOJO POTATOES SWEET PEAS TOSSED SALAD w/BEANS BLUSHING PEARS</p>	<p>23 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE</p>
<p>26 MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES</p>	<p>27 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY MIXED FRUIT</p>	<p>28 TATER TOT CASSEROLE CARROT COINS GREEN PEAS FRESH FRUIT</p>	<p>29 BAKED COD w/TARTAR RICE PILAF ZUCCHINI SQUASH COLESLAW APRICOTS</p>	<p>30 BISCUITS &amp; SAUSAGE GRAVY POTATO WEDGES MIXED VEGGIES 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.