
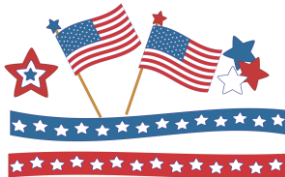




HELENA MENU JULY 2020

MEALS SERVED FROM 11:00 – 12:30 - FOR ADDITIONAL INFORMATION CALL 447-1680

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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)</p>		<p>1 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES</p>	<p>2 TURKEY HASH OVER POTATOES SWEET PEAS WHOLE GRAIN BREAD BLUSHING PEARS</p> <p>TOSSED GREENS w/BEANS</p>	<p>3 <u>CLOSED</u></p> 
<p>6 MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES</p>	<p>7 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES JUICY PEARS</p> <p>FRESH FRUIT (HDM)</p>	<p>8 TATER TOT CASSEROLE CARROT COINS BEAN MEDLEY FRUIT CUP</p>	<p>9 BAKED COD w/TARTAR RICE PILAF ZUCCHINI SQUASH APRICOTS</p> <p>COLESLAW (HDM)</p>	<p>10 <u>BIRTHDAY DINNER</u> ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES CAKE & ICE CREAM *NO SALAD BAR*</p>
<p>13 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS</p>	<p>14 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS</p> <p>FRESH FRUIT (HDM)</p>	<p>15 BISCUITS & SAUSAGE GRAVY POTATO WEDGES MIXED VEGGIES CINNAMON CHERRY APPLES</p>	<p>16 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES PLUMP PEACHES</p> <p>GREEN SALAD w/GARBANZOS (HDM)</p>	<p>17 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MIXED FRUIT</p>
<p>20 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES</p>	<p>21 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL</p> <p>FRESH FRUIT (HDM)</p>	<p>22 CHILI CON CARNE CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS</p>	<p>23 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER</p> <p>CARROT RAISIN SALAD (HDM)</p>	<p>24 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE</p>
<p>27 BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MIXED FRUIT</p>	<p>28 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT SAUTÉED GREENS CARROT COINS</p> <p>FRESH FRUIT (HDM)</p>	<p>29 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES</p>	<p>30 VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI PLUMP PLUMS</p> <p>4-BEANS & GREENS (HDM)</p>	<p>31 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS</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.
A VARIED SALAD BAR IS AVAILABLE DAILY AT THE DAILY DINNER CLUB UNLESS STATED OTHERWISE.