








# HELENA SENIOR NUTRITION MENU - JUNE 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
	<p><i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i></p> <p><b>SALAD BAR INCLUDED IN CONGREGATE MEALS</b></p>			
<p><b>3</b></p> <p><b>BREAKFAST BOWL</b> w/EGGS, ITALIAN SAUSAGE PEPPERS, ONIONS &amp; CHEDDAR CHEESE WITH A SPLASH OF COUNTRY GRAVY VEGETABLE MIX WHOLE GRAIN ROLL APRICOTS</p>	<p><b>4</b></p> <p><b>CHICKEN BREAST</b> IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS MANDARIN ORANGES</p>	<p><b>5</b></p> <p><b>CHEESEBURGER ON A BUN</b> BAKED BEANS PACIFIC VEGGIES FRESH FRUIT</p>	<p><b>6</b></p> <p><b>SHEPHERD'S PIE</b> CORN &amp; BEAN MEDLEY CAULIFLOWER WHOLE GRAIN ROLL FRUITED JELLO</p>	<p><b>7</b></p> <p><b>TURKEY SALISBURY</b> w/CRANBERRY ORANGE SAUCE OVER BROWN RICE GREEN BEANS DICED BEETS SWEET PEARS</p>
<p><b>10</b></p> <p><b>LEMON PEPPER COD</b> w/LEMON SAUCE ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT COCKTAIL</p>	<p><b>11</b></p> <p><b>COWBOY BURGER STEAK</b> CARROT COINS BAKED BEANS WHOLE GRAIN ROLL BAKED CRAN-APPLES</p>	<p><b>12</b></p> <p><b>OPEN FACE PORK SANDWICH</b> w/GRAVY MASHED POTATOES GREEN PEAS FRESH FRUIT</p>	<p><b>13</b></p> <p><b>CHICKEN A LA KING</b> BUTTERMILK BISCUITS CREAMED SPINACH TOSSED SALAD SWEET PEACHES</p>	<p><b>14</b></p> <p><u>FATHER'S DAY/BIRTHDAY DINNER</u> CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL MANDARIN ORANGES BIRTHDAY CAKE</p>
<p><b>17</b></p> <p><b>MONTANA PASTY w/GRAVY</b> WINTER VEGETABLES GARDEN PEAS CRANBERRIES</p>	<p><b>18</b></p> <p><b>PORK &amp; VEGGIE STIR FRY</b> BROWN RICE STEAMED CABBAGE PINEAPPLE</p>	<p><b>19</b></p> <p><b>CLOSED</b></p> 	<p><b>20</b></p> <p><b>ZITI NOODLES w/MEATBALLS</b> GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES</p>	<p><b>21</b></p> <p><b>ORANGE CHICKEN</b> WILD RICE BROCCOLI &amp; CAULIFLOWER THREE BEAN SALAD APRICOT HALVES</p>
<p><b>24</b></p> <p><b>CREAMY HERB BAKED CHICKEN</b> WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS</p>	<p><b>25</b></p> <p><b>FISH PATTY w/TARTAR</b> SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES</p>	<p><b>26</b></p> <p><b>BAKED HAM</b> MACARONI &amp; CHEESE COUNTRY VEGETABLES GARDEN PEAS FRESH FRUIT</p>	<p><b>27</b></p> <p><b>SLOPPY JOES ON A BUN</b> BAKED BEANS COLESLAW SWEET PEACHES</p>	<p><b>28</b></p> <p><b>WHITE CHICKEN CHILI</b> WITH CHEESE MEXICAN CORN CAULIFLOWER CINNAMON APPLESAUCE</p>

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.