

HELENA/EAST HELENA DDC MENU – AUGUST 2019



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 TURKEY HASH OVER POTATOES SWEET PEAS WHOLE GRAIN BREAD BLUSHING PEARS TOSSED GREENS w/BEANS (HDM)</p>	<p>2 LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES</p>
<p>5 MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES</p>	<p>6 BAKED COD w/TARTAR RICE PILAF STEAMED BROCCOLI ZUCCHINI SQUASH FRESH FRUIT (HDM)</p>	<p>7 TATER TOT CASSEROLE CARROT COINS BEAN MEDLEY FRUIT CUP</p>	<p>8 BISCUITS & SAUSAGE GRAVY POTATO WEDGES MIXED VEGGIES CINNAMON CHERRY APPLES COLESLAW (HDM)</p>	<p>9 BIRTHDAY DINNER RASPBERRY CHICKEN BREAST BUTTERED NOODLES BRUSSELS SPROUTS CAPRI VEGETABLES JUICY PEARS CAKE & ICE CREAM <u>NO SALAD BAR</u></p>
<p>12 HAMBURGERS ON A BUN SWEET POTATO FRIES GREEN PEAS PLUMP PEACHES</p>	<p>13 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT (HDM)</p>	<p>14 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES</p>	<p>15 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES SWEET PEARS GREEN SALAD w/GARBANZOS (HDM)</p>	<p>16 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MANDARIN ORANGES</p>
<p>19 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES</p>	<p>20 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)</p>	<p>21 CHILI CON CARNE CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS</p>	<p>22 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD (HDM)</p>	<p>23 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE</p>
<p>26 BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES</p>	<p>27 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT SAUTÉED GREENS CARROT COINS FRESH FRUIT (HDM)</p>	<p>28 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES</p>	<p>29 VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI PLUMP PLUMS 4-BEANS & GREENS (HDM)</p>	<p>30 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 and under 60 years \$7.00.

A VARIED SALAD BAR IS AVAILABLE DAILY AT THE DAILY DINNER CLUB UNLESS STATED OTHERWISE.