






# HELENA SENIOR NUTRITION MENU - JUNE 2022



For Additional Information Call: (406) 447-1680

Lunch served at 11:00

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|--|---|--|--|
| <p><i>Low fat milk is delivered daily to Home Delivered Meal customers<br/>And served daily in the dinner club</i></p> <p>Salad options are available for congregate dining</p> |   | <p>1<br/>BBQ CHICKEN<br/>BAKED BEANS<br/>GOLDEN CORN<br/>WHOLE GRAIN ROLL<br/>APRICOT HALVES</p>            | <p>2<br/>SALISBURY STEAK<br/>SEASONED BROWN RICE<br/>VEGETABLE MEDLEY<br/>4-BEANS &amp; GREENS<br/>MANDARIN ORANGES</p>                      | <p>3<br/>CHEESY WHITE HAM<br/>&amp; BEAN BAKE<br/>GARDEN PEAS<br/>PICKLED BEETS<br/>MIXED FRUIT CUP</p>  |
| <p>6<br/>KOREAN GROUND BEEF OVER BROWN RICE<br/>CORN &amp; BEAN MEDLEY<br/>CAULIFLOWER<br/>MANDARIN ORANGES</p>   | <p>7<br/>CHEESEBURGER ON A BUN<br/>BAKED BEANS<br/>PACIFIC VEGGIES<br/>FRESH FRUIT</p>   | <p>8<br/>SANTA FE CHICKEN BREAST OVER SPANICH RICE<br/>GARDEN PEAS<br/>CARROT COINS<br/>CRANBERRIES</p>     | <p>9<br/>TURKEY IN A CREAMY ROASTED RED PEPPER SAUCE OVER WAGON WHEEL PASTA<br/>GREEN BEANS<br/>DICED BEETS<br/>FRUITED JELLO</p>            | <p>10<br/><u>BIRTHDAY DINNER</u><br/>HONEY ALMOND CHICKEN OVER WILD RICE<br/>MIXED VEGETABLES<br/>DINNER ROLL<br/>APRICOTS<br/>BIRTHDAY CAKE</p>   |
| <p>13<br/>TOMATO BRAISED PEPPER COD<br/>ROTINI NOODLES<br/>WINTER SQUASH<br/>BRUSSELS SPROUTS<br/>FRUIT CUP</p>   | <p>14<br/>SOUTH WESTERN CASSEROLE<br/>CARROT COINS<br/>PICKLED BEETS<br/>FRESH FRUIT</p>   | <p>15<br/>OPEN FACE PORK SANDWICH w/GRAVY<br/>MASHED POTATOES<br/>GREEN PEAS<br/>BAKED CRAN-APPLES</p>      | <p>16<br/>ZITI NOODLES w/MEATBALLS<br/>GARLIC BREAD<br/>GOLDEN CORN<br/>CARROT RAISIN SALAD<br/>JUICY PEACHES</p>                            | <p>17<br/><u>FATHER'S DAY DINNER</u><br/>BACON WRAPPED PORK LOIN w/DRIED CRANBERRY SAUCE<br/>WILD RICE<br/>PEAS &amp; PEARL ONIONS<br/>ROASTED CAULIFLOWER<br/>FRESH FRUIT SALAD<br/>APPLE CINNAMON CAKE w/FRESH CREAM</p> |
| <p>20<br/>CLOSED</p>   | <p>21<br/>ROASTED ITALIAN PORK<br/>BROWN RICE<br/>STEAMED CABBAGE<br/>ROASTED BROCCOLI<br/>w/SHAVED PARMESAN<br/>FRESH FRUIT</p> | <p>22<br/>CHICKEN A LA KING<br/>BUTTERMILK BISCUITS<br/>CREAMED SPINACH<br/>CARROT COINS<br/>PINEAPPLE</p>  | <p>23<br/>POTATO, VEGGIE &amp; CHEESE<br/>ITALIAN SAUSAGE EGG BAKE<br/>WHOLE GRAIN ROLL<br/>TOSSED GREEN SALAD w/BEANS<br/>SWEET PEACHES</p> | <p>24<br/>CHICKEN FRIED STEAK<br/>MASHED POTATOES w/GRAVY<br/>GREEN BEANS<br/>WHOLE GRAIN ROLL<br/>CRANBERRIES</p>   |
| <p>27<br/>RED PEPPER PASTA CHICKEN<br/>SWEET YAMS<br/>GREEN BEANS<br/>JUICY PEARS</p>   | <p>28<br/>CHILI OVER TORTILLA CHIPS WITH CHEESE<br/>MEXICAN CORN<br/>CAULIFLOWER<br/>FRESH FRUIT</p>                             | <p>29<br/>BAKED HAM<br/>MACARONI &amp; CHEESE<br/>MIXED VEGGIES<br/>GARDEN PEAS<br/>CINNAMON APPLESAUCE</p> | <p>30<br/>SLOPPY JOES ON A BUN<br/>BAKED BEANS<br/>COLESLAW<br/>SWEET PEACHES</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.