






# HELENA/EAST HELENA DDC MENU JULY 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>BREADED VEAL MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES</p>	<p>2</p> <p>PORK &amp; VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE FRESH FRUIT (HDM)</p>	<p>3</p> <p>PARMESAN CHICKEN BREAST BUTTERED ROTINI CREAMED SPINACH CARROT COINS PINEAPPLE</p>	<p>4</p> <p><u>CLOSED</u></p> 	<p>5</p> <p><u>CLOSED</u></p> 
<p>8</p> <p>OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS</p>	<p>9</p> <p>CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT (HDM)</p>	<p>10</p> <p>FISH PATTY w/TARTAR SCALLOPED POTATOES PEAS &amp; CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES</p>	<p>11</p> <p>SLOPPY JOES ON A BUN POTATO WEDGES BAKED BEANS SWEET PEACHES COLESLAW (HDM)</p>	<p>12</p> <p><u>BIRTHDAY DINNER</u> BAKED HAM MACARONI &amp; CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE CAKE &amp; ICE CREAM <u>NO SALAD BAR</u></p>
<p>15</p> <p>HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS APRICOTS</p>	<p>16</p> <p>SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT (HDM)</p>	<p>17</p> <p>TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP</p>	<p>18</p> <p>SWEDISH MEATBALLS BROWN RICE WINTER SQUASH BLUSHING PEARS TOSSED GREEN SALAD w/GARBANZOS (HDM)</p>	<p>19</p> <p>CHICKEN PATTY ON A BUN BAKED POTATO WEDGES VEGGIE BLEND 4 BEAN SALAD</p>
<p>22</p> <p>SALMON PATTY WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES</p>	<p>23</p> <p>PEPPER STEAK ROASTED POTATOES CAULIFLOWER MANDARIN ORANGES FRESH FRUIT (HDM)</p>	<p>24</p> <p>CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES</p>	<p>25</p> <p>MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL MIXED FRUIT CUP CARROT RAISIN SALAD (HDM)</p>	<p>26</p> <p>CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS</p>
<p>29</p> <p>BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE</p>	<p>30</p> <p>HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT (HDM)</p>	<p>31</p> <p>PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES</p>		<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>

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.**