

HELENA/EAST HELENA DDC MENU

OCTOBER 2018-MEALS SERVED FROM 11:00-12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES JUICY PEACHES	2 LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN PINEAPPLE FRESH FRUIT (HDM)	3 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES	4 SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY MIXED FRUIT CUP COLESLAW (HDM)	5 HAM & SCALLOPED POTATOES GARDEN PEAS PURPLE BEETS MANDARIN ORANGES
8 <u>COLUMBUS DAY</u> CHEESEBURGER ON A BUN JO JO POTATOES BAKED BEANS PACIFIC VEGGIES APPLESAUCE	9 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES FRESH FRUIT (HDM)	10 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES	11 HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO (HDM)	12 <u>BIRTHDAY DINNER</u> CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES PEAS & CARROTS WILTED GREENS CRANBERRIES
15 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSEL SPROUTS FRUIT CUP	16 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)	17 ZITI NOODLES W/MEATBALLS GARLIC BREAD MIXED VEGETABLES GOLDEN CORN JUICY PEACHES	18 BBQ PULLED PORK SANDWICH GREEN PEAS PINEAPPLE CARROT RAISIN SALAD (HDM)	19 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD BAKED APPLES
22 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	23 PARMESAN CHICKEN BREAST BUTTERED ROTINI CREAMED SPINACH CARROT COINS FRESH FRUIT (HDM)	24 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE	25 POTATO, VEGGIE & CHEESE EGG BAKE VEGETABLE MIX WHOLE GRAIN BREAD SWEET PEACHES TOSSED GREEN SALAD W/BEANS (HDM)	26 BREADED VEAL MASHED POTATOES W/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES
29 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS	30 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT (HDM)	31 <u>HAPPY HALLOWEEN</u> GOBLIN MEAT STEAKS ZOMBIE BRAIN NOODLES GHASTLY GARLIC VEGGIES GREEN BAT EYEBALLS SPICED APPLE GUTS	BAKED HAM MAC-N-CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESauce	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)



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 \$4.00 and under 60 years \$7.00. A VARIED SALAD BAR IS AVAILABLE DAILY AT THE DINNER CLUB UNLESS STATED OTHERWISE.