






HELENA/EAST HELENA DDC MENU JULY 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES	3 VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI PLUMP PLUMS FRESH FRUIT (HDM)	4 <u>CLOSED</u> 	5 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT SAUTÉED GREENS PINEAPPLE FOUR BEAN SALAD (HDM)	6 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS
9 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES JUICY PEACHES	10 LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN PINEAPPLE FRESH FRUIT (HDM)	11 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES	12 HAM & PARTY POTATOES GARDEN PEAS WHOLE GRAIN BREAD/ROLL MANDARIN ORANGES COLESLAW (HDM)	13 <u>BIRTHDAY DINNER</u> SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY PICKLED BEETS MIXED FRUIT CUP CAKE & ICE CREAM (NO SALAD BAR)
16 CHEESEBURGER ON A BUN POTATO TRIANGLES BAKED BEANS PACIFIC VEGGIES APPLESAUCE	17 CHICKEN BREAST IN MUSHROOM GRAVY MASHED POTATOES PEAS & CARROTS WHOLE GRAIN ROLL CRANBERRIES FRESH FRUIT (HDM)	18 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES	19 HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO (HDM)	20 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES APRICOTS
23 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSEL SPROUTS FRUIT CUP	24 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)	25 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD BAKED APPLES	26 OPEN FACE PORK SANDWICH W/GRAVY MASHED POTATOES GREEN PEAS PINEAPPLE CARROT RAISIN SALAD (HDM)	27 ZITI NOODLES W/MEATBALLS GARLIC BREAD PEPPERS & ONIONS GOLDEN CORN JUICY PEACHES
30 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE	31 PARMESAN CHICKEN BREAST BUTTERED ROTINI CREAMED SPINACH CARROT COINS FRESH FRUIT (HDM)			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 DAILY DINNER CLUB UNLESS STATED OTHERWISE.

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