





# HELENA SENIOR NUTRITION MENU - JUNE 2026

LUNCH SERVED FROM 11:30-12:30

For Reservations Call: (406) 447-1680

\*This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CHICKEN NOODLE CASSEROLE SAN FRANCISCO VEGGIES GREEN SALAD w/GARBANZOS MANDARIN ORANGES</p>	<p>2</p> <p>MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS WHOLE GRAIN ROLLS FRUIT COCKTAIL</p>	<p>3</p> <p>ROAST TURKEY BREAD STUFFING MASHED POTATOES &amp; GRAVY BRUSSELS SPROUTS CRANBERRIES</p>	<p>4</p> <p>SWEET &amp; SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES LIMA BEANS PLUMP PEACHES</p>	<p>5</p> <p>POLISH SAUSAGE ON A BUN SAUERKRAUT JOJO POTATOES GREEN BEANS SWEET PEARS</p>
<p>8</p> <p>PARM CRUSTED TILAPIA WILD RICE CAULIFLOWER CARROT RAISIN SALAD APRICOTS</p>	<p>9</p> <p>SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN APPLESAUCE</p>	<p>10</p> <p>BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL PINEAPPLE</p>	<p>11</p> <p>TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE SWEET PEACHES</p>	<p>12</p> <p><u>BIRTHDAY/FATHER'S DAY DINNER</u> CHICKEN CORDON BLEU w/MORNAY SAUCE ROASTED BABY BAKERS ROASTED BROCCOLI DINNER ROLL APPLE CRISP BIRTHDAY CAKE</p>
<p>15</p> <p>HOMEMADE HAM &amp; BEAN SOUP BUTTERMILK BISCUIT YELLOW &amp; GREEN ZUCCHINI COLESLAW PINEAPPLE</p>	<p>16</p> <p>TATER TOT CASSEROLE CARROT COINS PURPLE BEETS PEACHES &amp; PEARS</p>	<p>17</p> <p>HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES</p>	<p>18</p> <p>BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS &amp; SALSA MEXICAN CORN MANDARIN ORANGES</p>	<p>19</p> <p>CLOSED</p> 
<p>22</p> <p>SALISBURY STEAK SEASONED BROWN RICE SCANDINAVIAN VEGETABLES 4-BEANS &amp; GREENS MANDARIN ORANGES</p>	<p>23</p> <p>HAM &amp; SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS BAKED APPLES</p>	<p>24</p> <p>BEEF BROCCOLI OVER STEAMED RICE GOLDEN CORN CARROT COINS APRICOT HALVES</p>	<p>25</p> <p>BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL FRUIT COCKTAIL</p>	<p>26</p> <p>CLOSED STAFF TRAINING</p> 
<p>29</p> <p>CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES FRUITED JELLO</p>	<p>30</p> <p>TURKEY LO MEIN OVER LO MEIN NOODLES GREEN BEANS DICED BEETS APRICOTS</p>	<p>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</p> <p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p>		

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

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 \$10.00.