

# HELENA/EAST HELENA DDC MENU

OCTOBER 2017-MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 HAMBURGER ON A BUN BAKED BEANS PICKLED BEETS SWEET PEACHES</p>	<p>3 BAKED COD W/TARTAR RICE PILAF STEAMED BROCCOLI CARROT COINS  FRESH FRUIT (HDM)</p>	<p>4 TATER TOT CASSEROLE ZUCCHINI SQUASH WHOLE GRAIN ROLL BAKED APPLES</p>	<p>5 RASPBERRY CHICKEN BREAST BUTTERED NOODLES GARDEN PEAS JUICY PEARS  GREEN SALAD WITH GARBANZOS (HDM)</p>	<p>6 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS MIXED VEGGIES CINNAMON CHERRY APPLES FRUIT CUP</p>
<p>9 <u>COLUMBUS DAY</u> MOCK CHOP SUEY BROWN RICE PACIFIC VEGGIES LIMA BEANS SWEET PEARS</p>	<p>10 CHICKEN NOODLE CASSEROLE GARDEN PEAS SWEET BEETS  FRESH FRUIT (HDM)</p>	<p>11 ROAST TURKEY BREAD STUFFING MASHED POTATOES &amp; GRAVY BRUSSEL SPROUTS APRICOT HALVES</p>	<p>12 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS  FRUITED JELLO (HDM)</p>	<p>13 <u>BIRTHDAY DINNER</u> SWEET &amp; SOUR MEATBALLS BROWN RICE MIXED VEGETABLES STEAMED CABBAGE MANDARIN ORANGES CAKE &amp; ICE CREAM (NO SALAD BAR)</p>
<p>16 CHILI CON CARNE (ONIONS &amp; GRATED CHEESE) CORN BREAD PARSLEY CARROTS GOLDEN CORN PINEAPPLE</p>	<p>17 BBQ PORK BAKED POTATOES MIXED VEGETABLES APPLESAUCE  FRESH FRUIT (HDM)</p>	<p>18 SPAGHETTI w/MEAT SAUCE (tomatoes &amp; mushrooms) GARLIC BREAD BROCCOLI SPEARS DICED BEETS JUICY PEARS</p>	<p>19 BREADED COD W/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER  COLESLAW (HDM)</p>	<p>20 TERIYAKI CHICKEN BREAST BROWN RICE GARDEN VEGETABLES FOUR BEAN SALAD SWEET PEACHES</p>
<p>23 BEEF TACO CASSEROLE REFRIED PINTO BEANS CORN CHIPS &amp; SALSA MEXICAN CORN MANDARIN ORANGES</p>	<p>24 HOMEMADE HAM &amp; BEAN SOUP BUTTERMILK BISCUIT PARSLEY CARROTS PINEAPPLE  FRESH FRUIT (HDM)</p>	<p>25 TURKEY CHOP SUEY SWEET YAMS STEAMED BROCCOLI CRANBERRIES</p>	<p>26 BBQ CHICKEN BAKED POTATOES MIXED VEGETABLES PEACHES AND PEARS WHOLE GRAIN ROLL  TOSSED SALAD (HDM)</p>	<p>27 VEAL PARMESAN OVER ROTINI NOODLES GREEN BEANS GREEN ZUCCHINI PLUMP PLUMS</p>
<p>30 SALMON PATTY ON A BUN W/TARTAR SAUCE MIXED VEGETABLES AUTUMN SQUASH SWEET PEACHES</p>	<p>31 LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN ZESTY PINEAPPLE  FRESH FRUIT (HDM)</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>	

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.