




HELENA/EAST HELENA DDC MENU



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

For Additional information Call 447-1680 Helena

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<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> <p>Congregate meals in Helena have a full salad bar unless otherwise stated</p>		<p>1 BAKED GLAZED HAM COMPANY POTATOES BROCCOLI SPEARS BAKED APPLES WHOLE GRAIN ROLL</p> <p>GREEN SALAD w/ GARBANZOS (HDM)</p>	<p>2 MONTANA PASTY W/ GRAVY CAPRI VEGETABLES CABBAGE SLAW MANDARIN ORANGES</p>
<p>5 SWEDISH MEATBALLS MASHED POTATOES GARDEN PEAS WHOLE GRAIN ROLL GOLDEN PEARS</p>	<p>6 CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES PICKLED BEETS</p> <p>FRESH FRUIT (HDM)</p>	<p>7 SWEET-N-SOUR PORK RIBS WILD RICE GREEN BEANS CARROT COINS ZESTY PINEAPPLE</p>	<p>8 SALMON PATTY ON A BUN MIXED VEGETABLES SWEET PEACHES</p> <p>CARROT RAISIN SALAD (HDM)</p>	<p>9 <u>BIRTHDAY DINNER</u> <u>FATHER'S DAY</u> HAMBURGER W/ BUN BAKED BEANS, COLESLAW WATERMELON, BROWNIES</p> <p>POTATO SALAD, CHIPS (DDC)</p> <p>No soup or salad bar today!</p>
<p>12 SWISS STEAK (CELERY, ONIONS, CARROTS) BROWN RICE KEY LARGO VEGETABLES APPLESAUCE</p>	<p>13 SPAGHETTI W/ TOMATO & MEAT SAUCE MEXICAN CORN & BEANS SUMMER ZUCCHINI GARLIC BREAD</p> <p>FRESH FRUIT (HDM)</p>	<p>14 BAKED COD W/ TARTAR WILD RICE PILAF CALIFORNIA MIX GREEN BEANS SWEET PEACHES</p>	<p>15 CHILI DOG ON A BUN DICED BEETS GOLDEN PEARS</p> <p>COLESLAW (HDM)</p>	<p>16 <u>CLOSED</u> STAFF TRAINING</p> 
<p>19 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES 4 BEAN SALAD PURPLE PLUMS</p>	<p>20 HUNGARIAN GOULASH CARROT COINS GREEN PEAS</p> <p>FRESH FRUIT (HDM)</p>	<p>21 BAKED TURKEY SCALLOPED POTATOES BRUSSEL SPROUTS WHOLE GRAIN ROLLS/BREAD FRUITED JELLO</p>	<p>22 TACO CASSEROLE GOLDEN CORN CINNAMON APPLES</p> <p>GARDEN SALAD (HDM)</p>	<p>23 PORK CHOP WHIPPED POTATOES MUSHROOM GRAVY STEAMED CABBAGE CAPRI VEGGIES WHOLE GRAIN ROLL/BREAD</p>
<p>26 FISH SANDWICH ON A BUN W/ TARTAR KEY LARGO VEGETABLES SWEET CORN MANDARIN ORANGES & PINEAPPLE TIDBITS</p>	<p>27 BBQ PORK RIBS RED POTATOES STEAMED CABBAGE WHOLE GRAIN ROLL</p> <p>FRESH FRUIT</p>	<p>28 PARMESAN CHICKEN BREAST BUTTERED ROTINI GREEN BEANS CARROT COINS SWEET PEACHES</p>	<p>29 PORK STIR FRY WILD RICE GREEN PEAS</p> <p>FRUITED-JELLO (HDM)</p>	<p>30 MEATLOAF MASHED POTATOES W/ GRAVY FOUR BEAN SALAD WHOLE GRAIN ROLL ZESTY PINEAPPLE</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.