



# HELENA/EAST HELENA DDC MENU JULY 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 <b>CLOSED</b></p> 	<p>4 <b>CLOSED</b></p> 	<p>5 PASTY W/GRAVY MIXED VEGETABLES FRUIT MEDLEY</p> <p>FRESH FRUIT (HDM)</p>	<p>6 HAM &amp; BEANS DICED BEETS WHOLE GRAIN ROLL CINNAMON APPLES</p> <p>TOSSED GREEN SALAD (HDM)</p>	<p>7 SPAGHETTI W/ MEATBALLS BROCCOLI SPEARS CORN &amp; BEANS GARLIC BREAD PINEAPPLE</p>
<p>10 FISH SANDWICH POTATO TRIANGLES CARROT COINS MANDARIN ORANGES</p>	<p>11 VEAL PARMESAN OVER ROTINI NOODLES GREEN BEANS YELLOW &amp; GREEN ZUCCHINI</p> <p>FRESH FRUIT (HDM)</p>	<p>12 ORANGE CITRUS CHICKEN BROWN RICE GARDEN VEGETABLES FOUR BEAN SALAD SWEET PEACHES</p>	<p>13 BAKED HAM AU GRATIN POTATOES LIMA BEANS WHOLE GRAIN ROLL GOLDEN PEARS</p> <p>FRUITED JELLO (HDM)</p>	<p>14 <b>BIRTHDAY DINNER</b> HAMBURGERS ON A BUN BAKED BEANS SWEET CORN CHIPS CANTALOUPE COOKIE <b>(NO SALAD BAR)</b></p>
<p>17 BBQ PORK BITS BAKED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL BAKED APPLES</p>	<p>18 CHILI CON CARNE DICED BEETS PEAS &amp; CARROTS GARLIC BREAD</p> <p>FRESH FRUIT (HDM)</p>	<p>19 BEEF TACO CASSEROLE REFRIED PINTO BEANS CORN CHIPS &amp; SALSA MEXICAN CORN MANDARIN ORANGES</p>	<p>20 POLISH SAUSAGE W/ SAUERKRAUT STEAMED BABY REDS CARROT COINS WHOLE GRAIN ROLL</p> <p>TOSSED GREEN SALAD (HDM)</p>	<p>21 CRANBERRY CHICKEN BREAST WILD RICE GARDEN VEGETABLES CRANBERRY SAUCE WHOLE GRAIN ROLL SWEET PEACHES</p>
<p>24 CHICKEN NOODLE CASSEROLE GARDEN PEAS ZUCCHINI SQUASH JUICY PEARS</p>	<p>25 SLOPPY JOES ON A BUN POTATO TRIANGLES BAKED BEAN CASSEROLE</p> <p>FRESH FRUIT (HDM)</p>	<p>26 PORK CHOP W/ GRAVY MASHED POTATOES FOUR BEAN SALAD WHOLE GRAIN ROLL/BREAD APPLESAUCE</p>	<p>27 LEMON PEPPER CHICKEN RICE PILAF GARDEN MIX VEGETABLES CRANBERRIES</p> <p>APPLE CABBAGE SLAW (HDM)</p>	<p>28 ZITI CASSEROLE W/GROUND BEEF BROCCOLI SPEARS GOLDEN CORN MIXED FRUIT CUP</p>
<p>31 SWEET &amp; SOUR MEATBALLS BROWN RICE PINEAPPLE, PEPPERS &amp; ONIONS MIXED VEGETABLES PURPLE PLUMS</p>			 <p>Miriam Meijer</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.**

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