

# HELENA/EAST HELENA DDC MENU – AUGUST 2017



MEALS SERVED FROM 11:00 – 12:30

FOR ADDITIONAL INFORMATION CALL 447-1680

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 HOT PORK W/GRAVY MASHED POTATOES MIXED VEGETABLES BEAN SALAD WHOLE GRAIN ROLL  FRESH FRUIT (HDM)</p>	<p>2 SWISS STEAK WILD RICE WINTER BLEND VEGGIES DICED BEETS MANDARIN ORANGES</p>	<p>3 HAM &amp; SCALLOPED POTATOES BRUSSEL SPROUTS W/PEPPERS WHOLE GRAIN ROLL/BREAD GOLDEN PEARS  TOSSED GREENS W/BLACK BEANS (HDM)</p>	<p>4 PARMESAN CHICKEN OVER NOODLES GARDEN BLEND VEGGIES GREEN BEANS SWEET PEACHES</p>
<p>7 CHICKEN ALA KING OVER BISCUITS PACIFIC VEGETABLES PICKLED BEETS MANDARIN ORANGES</p>	<p>8 CALICO BEANS MIXED VEGGIES SWEET CORN  FRESH FRUIT (HDM)</p>	<p>9 SWISS STEAK (PEPPERS, ONIONS &amp; TOMATOES) EGG NOODLES GREEN BEANS BAKED APPLES</p>	<p>10 BAKED COD W/TARTAR BROWN RICE CARROT COINS LIMA BEANS  FRUITED JELLO (HDM)</p>	<p>11 <u>BIRTHDAY DINNER</u> BAKED VEAL PATTY W/GRAVY WHIPPED POTATOES STEAMED BROCCOLI WHOLE WHEAT ROLL APPLESAUCE CAKE W/ ICE CREAM (NO SALAD BAR)</p>
<p>14 SLOPPY JOES ON A BUN POTATO TRIANGLES SWEET CORN MIXED FRUIT</p>	<p>15 HAMBURGER STEAK W/ MUSHROOM GRAVY BROCCOLI SPEARS CRANBERRIES WHOLE GRAIN ROLL  FRESH FRUIT (HDM)</p>	<p>16 BBQ PORK BITS BABY RED POTATOES BOSTON BAKED BEANS WHOLE GRAIN ROLL/BREAD PINEAPPLE</p>	<p>17 TURKEY CHOP SUEY OVER RICE GARDEN VEGETABLES MANDARIN ORANGES  TOSSED GREEN SALAD W/GARBANZO BEANS (HDM)</p>	<p>18 CREAMED CHICKEN OVER NOODLES CREAM STYLE CORN MIXED VEGGIES CRANBERRIES</p>
<p>21 POLISH DOG ON A BUN W/SAUERKRAUT RED POTATOES GREEN BEANS SWEET PEACHES</p>	<p>22 HAMBURGER ON A BUN BAKED BEANS CARROT COINS MIXED VEGETABLES  FRESH FRUIT (HDM)</p>	<p>23 SPAGHETTI W/MEAT BALLS GARLIC BREAD PACIFIC VEGGIES GOLDEN CORN JUICY PEARS</p>	<p>24 BAKED HAM SLICE SWEET POTATOES WHOLE GRAIN ROLL PINEAPPLE  COLESLAW (HDM)</p>	<p>25 CHICKEN PATTY SANDWICH POTATO TRIANGLES GREEN PEAS CINNAMON APPLESAUCE</p>
<p>28 FISH SANDWICH ON A BUN W/TARTAR POTATO TRIANGLES GREEN BEANS SWEET PEACHES</p>	<p>29 MONTANA PASTIES BROWN GRAVY FOUR BEAN SALAD CRANBERRIES  FRESH FRUIT (HDM)</p>	<p>30 SWEET &amp; SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GARDEN PEAS PURPLE PLUMS</p>	<p>31 SAUSAGE &amp; GRAVY OVER BISCUITS BREAKFAST POTATOES MIXED VEGGIES  TOSSED SALAD W/CRAISINS (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.**