





HELENA/EAST HELENA DDC MENU

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

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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)			1 BREADED VEAL W/GRAVY MASHED POTATOES BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES
4 LABOR DAY CLOSED 	5 CHILI OVER TORTILLA CHIPS WITH CHEESE DICED BEETS MIXED FRUIT FRESH FRUIT (HDM)	6 BAKED HAM MACARONI & CHEESE MIXED VEGGIES GOLDEN CORN CINNAMON APPLESAUCE	7 SLOPPY JOES ON A BUN POTATO WEDGES BAKED BEANS COLESLAW (HDM)	8 <u>BIRTHDAY DINNER</u> OVEN BAKED CHICKEN WILD RICE PILAF BROCCOLI & CAULIFLOWER GREEN BEANS JUICY PEARS CAKE & ICE CREAM (NO SALAD BAR)
11 HUNGARIAN GOULASH GOLDEN CORN GREEN PEAS APRICOTS	12 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT (HDM)	13 TURKEY NOODLE CASSEROLE PICKLED BEETS BRUSSELS SPROUTS FRUIT CRISP	14 SWEDISH MEATBALLS PARSLEY NOODLES WINTER SQUASH GOLDEN PEARS TOSSED GREEN SALAD W/GARBANZOS (HDM)	15 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES 4 BEAN SALAD PURPLE PLUMS
18 SALMON PATTY W/SAUCE WILD RICE MIXED VEGETABLES FOUR BEAN SALAD SWEET PEACHES	19 PEPPER STEAK OVER SPIRAL NOODLES CAULIFLOWER MANDARIN ORANGES FRESH FRUIT (HDM)	20 PARMESAN CHICKEN BUTTERED NOODLES COUNTRY BLEND VEGGIES PICKLED BEETS BAKED APPLES	21 CHILI DOG ON A BUN CARROT COINS ZUCCHINI SQUASH GOLDEN PEARS CARROT RAISIN SALAD (HDM)	22 DEB'S MEAT LOAF MASHED POTATOES W/GRAVY GREEN BEANS WHOLE GRAIN ROLL MIXED FRUIT CUP
25 MONTANA PASTY W/GRAVY GREEN PEAS PACIFIC VEGETABLES APRICOT HALVES	26 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL FRESH FRUIT (HDM)	27 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES CAULIFLOWER PINEAPPLE	28 CREAMED TURKEY OVER BISCUITS SWEET PEAS BLUSHING PEARS 4 -BEANS & GREENS (HDM)	29 LEMON PEPPER CHICKEN WILD RICE SWEET YAMS GARDEN MIX VEGETABLES CRANBERRIES

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.