






HELENA SENIOR NUTRITION MENU - JULY 2024

LUNCH SERVED FROM 11:30-12:30 For Additional Information Call: (406) 447-1680 *This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SWEDISH MEATBALLS OVER PASTA WINTER SQUASH HARVARD BEETS APRICOTS	2 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRUIT CRISP	3 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES CAPRI VEGETABLES FRESH FRUIT	4 CLOSED 	5 CLOSED 
8 SALMON PATTY WILD RICE & CREAMY DIJON GARLIC SAUCE CALIFORNIA VEGETABLES GREEN BEANS SWEET PEACHES	9 TATER TOT CASSEROLE CARROT COINS GREEN PEAS FRUIT COCKTAIL	10 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD FRESH FRUIT	11 PUB BATTERED COD w/LEMON CAPER CREAM ZUCCHINI SQUASH CARROT RAISIN SALAD DINNER ROLL CRANBERRIES	12 <u>BIRTHDAY DINNER</u> MONTANA HASH HERB SEASONED BEEF, RED POTATOES GRILLED PEPPERS & ONIONS SWEET CORN WHOLE GRAIN ROLL GOLDEN PEARS BIRTHDAY CAKE
15 LEMON CREAM CHICKEN ROASTED REDS GREEN BEANS GARDEN MIX VEGETABLES MANDARIN ORANGES	16 HAMBURGER ON A BUN CARROT COINS BAKED BEANS SPICED APPLES	17 PORK CHOPS-N-GRAVY MASHED POTATOES CABBAGE & CARROTS WHOLE WHEAT ROLL FRESH FRUIT	18 CHILI DOG ON A BUN CARROT COINS TOSSED SALAD w/BEANS BLUSHING PEARS	19 BEEF STROGANOFF EGG NOODLES GARDEN VEGETABLES PICKLED BEETS PINEAPPLE
22 KOREAN BEEF STEAMED WHITE RICE ASIAN BLEND VEGETABLES PICKLED BEETS SWEET PEACHES	23 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY FRUIT COCKTAIL	24 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN ROLL FRESH FRUIT	25 BISCUITS & SAUSAGE GRAVY POTATO WEDGES BAHAMA VEGGIES COLESLAW APRICOTS	26 HEARTY MEATLOAF MASHED POTATOES w/GRAVY GREEN BEANS WHOLE GRAIN ROLL CINNAMON CHERRY APPLES
29 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	30 CHICKEN-n-NOODLES SAN FRANCISCO VEGGIES LIMA BEANS CRANBERRIES	31 HOT HAMBURGER SANDWICH MASHED POTATOES & GRAVY BRUSSELS SPROUTS FRESH FRUIT		SALAD BAR INCLUDED IN CONGREGATE MEALS <i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i>

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

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 \$5.00. Required charge for under 60 years \$7.00.