

HELENA/EAST HELENA DDC MENU

JANUARY 2018-MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 <u>CLOSED</u></p>	<p>2 CHICKEN NOODLE CASSEROLE GARDEN PEAS MIXED VEGGIES W/BEANS</p> <p>FRESH FRUIT (HDM)</p>	<p>3 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MANDARIN ORANGES</p>	<p>4 SWEET & SOUR MEATBALLS (PINEAPPLE, PEPPERS) BROWN RICE BROCCOLI SPEARS PURPLE PLUMS</p> <p>CARROT RAISIN SALAD (HDM)</p>	<p>5 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSEL SPROUTS CRANBERRIES</p>
<p>8 SPAGHETTI w/ MEAT SAUCE (tomatoes & mushrooms) GARLIC BREAD STEAMED BROCCOLI GOLDEN CORN PINEAPPLE</p>	<p>9 BBQ PORK RIBS BAKED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL APPLESAUCE</p> <p>FRESH FRUIT (HDM)</p>	<p>10 CHILI CON CARNE ONIONS & GRATED CHEESE CORN BREAD PARSLEY CARROTS DICED BEETS BLUSHING PEARS</p>	<p>11 BREADED FISH W/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER</p> <p>COLESLAW (HDM)</p>	<p>12 <u>BIRTHDAY DINNER</u> TERIYAKI CHICKEN BREASTS BROWN RICE GARDEN VEGETABLES FOUR BEAN SALAD SWEET PEACHES CAKE & ICE CREAM <u>NO SALAD BAR</u></p>
<p>15 <u>MARTIN LUTHER KING, JR</u> <u>CLOSED</u></p>	<p>16 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT PARSLEY CARROTS PINEAPPLE</p> <p>FRESH FRUIT (HDM)</p>	<p>17 TURKEY POT ROAST MASHED POTATOES STEAMED BROCCOLI WHOLE GRAIN ROLL CRANBERRIES</p>	<p>18 VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI PLUMP PLUMS</p> <p>TOSSED GREENS W/BEANS (HDM)</p>	<p>19 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS</p>
<p>22 SALMON PATTY W/TARTAR BUTTERED ROTINI MIXED VEGETABLES FOUR BEAN SALAD SWEET PEACHES</p>	<p>23 LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN PINEAPPLE</p> <p>FRESH FRUIT (HDM)</p>	<p>24 SALISBURY STEAK STEAMED BROWN RICE WINTER BLEND VEGETABLES PICKLED BEETS MIXED FRUIT CUP</p>	<p>25 HAM & SCALLOPED POTATOES GARDEN PEAS MANDARIN ORANGES WHOLE GRAIN BREAD/ ROLL</p> <p>COLESLAW (HDM)</p>	<p>26 BBQ CHICKEN BAKED POTATOES VEGETABLE MEDLEY WHOLE GRAIN ROLL APRICOT HALVES</p>
<p>29 CHEESEBURGER ON A BUN POTATO TRIANGLES BAKED BEANS MIXED VEGGIES APPLESAUCE</p>	<p>30 CHICKEN BREAST IN MUSHROOM GRAVY MASHED POTATOES PEAS & CARROTS CRANBERRIES WHOLE GRAIN ROLL</p> <p>FRESH FRUIT (HDM)</p>	<p>31 PORK CHOP SUEY OVER RICE GARDEN VEGETABLES DICED BEETS MANDARIN ORANGES</p>	<p>Congregate meals in Helena have a full salad bar unless otherwise stated.</p>	<p>Low fat milk is served every day at congregate sites, and delivered every Monday, Wednesday & Friday to Home Delivered Meal (HDM) customers</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 is \$4.00 and under 60 years old is \$7.00.