

HELENA/EAST HELENA DDC MENU

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

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Low fat milk served every day at congregate sites, and delivered 3 times a week to Meals on Wheels customers 	1 BBQ CHICKEN BAKED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES	2 HAM & SCALLOPED POTATOES GARDEN PEAS MANDARIN ORANGES WHOLE GRAIN BREAD/ROLL TOSSED GREENS W/BEANS (HDM)	3 <u>BIRTHDAY DINNER</u> SALISBURY STEAK STEAMED BROWN RICE MIXED VEGETABLES PICKLED BEETS MIXED FRUIT CUP CAKE & ICE CREAM (NO SALAD BAR)
	6 CHEESEBURGER ON A BUN BAKED BEANS MIXED VEGGIES APPLESAUCE	7 CHICKEN BREAST IN MUSHROOM GRAVY MASHED POTATOES GREEN BEANS CRANBERRIES WHOLE GRAIN ROLL FRESH FRUIT (HDM)	8 TURKEY CHOP SUEY OVER RICE GARDEN VEGETABLES DICED BEETS MANDARIN ORANGES	9 <u>VETERAN'S DAY DINNER</u> BBQ PORK BITS BABY RED POTATOES GOLDEN PEARS RED WHITE & BLUE CAKE COLESLAW (HDM)
13 LEMON PEPPER COD ROTINI NOODLES MIXED VEGETABLE BRUSSEL SPROUTS FRUIT CUP	14 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)	15 ZITI NOODLES W/MEATBALLS GARLIC BREAD PEPPERS & ONIONS GOLDEN CORN JUICY PEACHES	16 ORANGE CHICKEN WILD RICE STEAMED BROCCOLI BAKED APPLES CARROT RAISIN SALAD (HDM)	17 <u>THANKSGIVING DINNER</u> ROASTED TURKEY STUFFING W/GRAVY MASHED POTATOES GREEN BEAN CASSEROLE CRANBERRIES PUMPKIN DESSERT
20 MONTANA PASTY W/GRAVY PACIFIC VEGETABLES GARDEN PEAS APRICOT HALVES	21 PARMESAN CHICKEN BREAST BUTTERED ROTINI GREEN BEANS CARROT COINS FRESH FRUIT (HDM)	22 PORK & VEGGIE STIR FRY STEAMED RICE PACIFIC VEGGIES PINEAPPLE	23 <u>CLOSED THANKSGIVING</u> 	24 <u>CLOSED</u> 
27 BREADED FISH W/TARTAR SCALLOPED POTATOES PEAS & CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES	28 CHILI OVER TORTILLA CHIPS WITH CHEESE DICED BEETS MIXED FRUIT FRESH FRUIT (HDM)	29 BAKED HAM MACARONI AND CHEESE MIXED VEGGIES GOLDEN CORN CINNAMON APPLESAUCE	30 SLOPPY JOES ON A BUN POTATO WEDGES BAKED BEANS COLESLAW (HDM)	Congregate meals in Helena have a full salad bar unless otherwise stated.

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. Congregate meals include milk, salad bar and whole grain bread daily.