

# HELENA/EAST HELENA DDC MENU

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

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>		<p><i>Congregate meals in Helena have a full salad bar unless otherwise stated.</i></p>		<p>1 OVEN BAKED CHICKEN WILD RICE PILAF BROCCOLI &amp; CAULIFLOWER GREEN BEANS JUICY PEARS</p>
<p>4 HUNGARIAN GOULASH MIXED VEGETABLES GREEN PEAS APRICOTS</p>	<p>5 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS  FRESH FRUIT (HDM)</p>	<p>6 TURKEY NOODLE CASSEROLE PICKLED BEETS BRUSSELS SPROUTS FRUIT CRISP</p>	<p>7 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES 4 BEAN SALAD PURPLE PLUMS  TOSSED GREEN SALAD (HDM)</p>	<p>8 <u>BIRTHDAY DINNER</u> SWEDISH MEATBALLS BROWN RICE MIXED VEGETABLES WINTER SQUASH BLUSHING PEARS CAKE &amp; ICE CREAM (NO SALAD BAR)</p>
<p>11 SALMON PATTY WILD RICE MIXED VEGETABLES FOUR BEAN SALAD SWEET PEACHES</p>	<p>12 PEPPER STEAK OVER SPIRAL NOODLES CAULIFLOWER MANDARIN ORANGES  FRESH FRUIT (HDM)</p>	<p>13 CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES PICKLED BEETS BAKED APPLES</p>	<p>14 TURKEY ROAST WILD RICE GREEN BEANS MIXED FRUIT CUP  CARROT RAISIN SALAD (HDM)</p>	<p>15 <u>CHRISTMAS DINNER</u> PORK CHOPS-N-GRAVY MASHED POTATOES BREAD STUFFING STEAMED CABBAGE CRANBERRIES PEPPERMINT CAKE</p>
<p>18 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES CAULIFLOWER FRUIT</p>	<p>19 CHILI DOG CARROT COINS ZUCCHINI SQUASH WHOLE GRAIN BUN  FRESH FRUIT (HDM)</p>	<p>20 HAMBURGER ON A BUN GOLDEN CORN BAKED BEANS APRICOT HALVES</p>	<p>21 CREAMED CHICKEN OVER BISCUITS SWEET PEAS BLUSHING PEARS  4 -BEANS &amp; GREENS (HDM)</p>	<p>22 <u>HDM ONLY</u> <u>DAILY DINNER CLUB CLOSED</u> PASTY W/GRAVY PACIFIC VEGGIES PICKLED BEETS SWEET PEACHES</p>
<p>25 <u>CLOSED</u> </p>	<p>26 <u>CLOSED</u> </p>	<p>27 BAKED COD W/TARTAR RICE PILAF STEAMED BROCCOLI CARROT COINS PEACHES</p>	<p>28 RASPBERRY CHICKEN BREAST BUTTERED NOODLES GARDEN PEAS JUICY PEARS  GREEN SALAD W/GARBANZOS (HDM)</p>	<p>29 <u>HDM ONLY</u> <u>DAILY DINNER CLUB CLOSED</u> SAUSAGE GRAVY OVER BISCUITS MIXED VEGGIES CINNAMON CHERRY APPLES FRUIT CUP</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.

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