

HELENA/EAST HELENA DDC MENU

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

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Low fat milk is served daily in the Daily Dinner Club and delivered on Monday, Wednesday and Friday to Home Delivered Meals (HDM).</i></p>	<p>Congregate meals in Helena have a full salad bar unless otherwise stated.</p> <p>Homemade soups contain high fiber legumes (beans or peas).</p>	<p>-1- HAMBURGER & SPANISH RICE JUMBLE W/ TOMATO & PEPPERS CORN & BEAN MEDLEY GOLDEN PEARS</p> <p>FRESH FRUIT (HDM)</p>	<p>-2- HAM & BEANS CORN BREAD PARSLEY CARROTS VEGETABLE MEDLEY</p> <p>FRUITED JELLO (HDM)</p>	<p>-3- TUNA NOODLE CASSEROLE KEY LARGO VEGETABLES BRUSSEL SPROUTS APPLES W/ DRIED CHERRIES</p>
<p>-6- BEEF, MACARONI & TOMATO CASSEROLE GOLDEN CORN BROCCOLI SALAD CINNAMON PEARS</p>	<p>-7- HAMBURGER ON A BUN POTATO TRIANGLES 4 BEAN SALAD FRUIT CUP</p> <p>HOMEMADE SOUP (HDM)</p>	<p>-8- BBQ CHICKEN WILD RICE GREEN PEAS CALIFORNIA BLEND VEGGIES</p> <p>FRESH FRUIT (HDM)</p>	<p>-9- TURKEY A LA KING OVER ROTINI NOODLES GLAZED CARROTS SWEET PEACHES</p> <p>TOSSED SALAD W/ BLACK BEANS (HDM)</p>	<p>-10- BIRTHDAY DINNER SALISBURY STEAK & GRAVY WHIPPED POTATOES WINTER BLEND VEGETABLES WHOLE WHEAT ROLL MANDARIN ORANGES CAKE AND ICE CREAM</p> <p>NO SALAD BAR - NO SOUP</p>
<p>-13- TURKEY STIR FRY BROWN RICE BROCCOLI SPEARS BUTTER BEETS PINEAPPLE</p>	<p>-14- CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS CARROT COINS</p> <p>HOMEMADE SOUP (HDM)</p>	<p>-15- SWEET-N-SOUR PORK RICE PILAF PACIFIC VEGETABLES JUICY PEARS</p> <p>FRESH FRUIT (HDM)</p>	<p>-16- BAKED HAM SWEET YAMS MIXED VEGETABLES WHOLE GRAIN ROLL APPLESAUCE</p> <p>COLESLAW (HDM)</p>	<p>-17- <u>HAPPY ST. PATRICK'S DAY</u> IRISH STEW (CORNEBEEF, CABBAGE POTATOES & CARROTS) WHOLE GRAIN ROLL BEAN SALAD GREEN-FRUITED JELLO</p> <p>-NO SOUP OR SALAD BAR-</p>
<p>-20- SAUSAGE & GRAVY FRESH BAKED BISCUIT PICKLED BEETS MIXED VEGETABLES FRUIT MEDLEY</p>	<p>-21- PEPPER STEAK BROWN RICE GARDEN VEGETABLES BAKED APPLES</p> <p>HOMEMADE SOUP (HDM)</p>	<p>-22- SPAGHETTI W/ MEAT SAUCE GOLDEN CORN GREEN BEANS GARLIC BREAD</p> <p>FRESH FRUIT (HDM)</p>	<p>-23- ROAST PORK WITH GRAVY MASHED POTATOES CALIFORNIA VEGETABLES WHOLE GRAIN ROLL</p> <p>GREEN SALAD W/ GARBANZOS (HDM)</p>	<p>-24- BAKED COD WILD RICE STEAMED BROCCOLI PARSLEY CARROTS SWEET PEACHES</p>
<p>-27- CREAMED CHICKEN EGG NOODLES PETITE PEAS STEAMED CARROTS CRANBERRIES</p>	<p>-28- CHEESEBURGER ON A BUN POTATO TRIANGLES BAKED BEANS CRISPY COLESLAW</p> <p>HOMEMADE SOUP (HDM)</p>	<p>-29- MONTANA PASTY PACIFIC VEGETABLE BLEND APPLESAUCE</p> <p>FRESH FRUIT (HDM)</p>	<p>-30- HEARTY CHILI W/ MEAT CHEESE, BEANS & ONIONS DICED BEETS CORN BREAD JUICY PEARS</p> <p>CARROT RAISIN SALAD (HDM)</p>	<p>-31- POLISH SAUSAGE ON A BUN W/ SAUERKRAUT RED POTATOES GREEN BEANS MIXED FRUIT</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.