

# HELENA/EAST HELENA DDC MENU

MARCH 2018-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><b>MARCH</b></p>	<p>1 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH BLUSHING PEARS</p> <p>TOSSED GREEN SALAD W/GARBANZOS (HDM)</p>	<p>2 SALMON PATTY ROASTED POTATOES MIXED VEGETABLES 4 BEAN SALAD PURPLE PLUMS</p>
<p>5 CHILI DOG ON A BUN SWEET CORN GREEN BEANS SWEET PEACHES</p>	<p>6 PEPPER STEAK OVER SPIRAL NOODLES CAULIFLOWER MANDARIN ORANGES</p> <p>FRESH FRUIT (HDM)</p>	<p>7 CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES PICKLED BEETS BAKED APPLES</p>	<p>8 DEB'S MEAT LOAF MASHED POTATOES W/GRAVY WHOLE GRAIN ROLL MIXED FRUIT CUP</p> <p>CARROT RAISIN SALAD (HDM)</p>	<p>9 <u>BIRTHDAY DINNER</u> RASPBERRY CHICKEN BREAST BUTTERED NOODLES ZUCCHINI SQUASH CARROT COINS GOLDEN PEARS CAKE &amp; ICE CREAM</p> <p>-NO SALAD BAR-</p>
<p>12 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES CAULIFLOWER PINEAPPLE</p>	<p>13 PORK CHOPS-N-GRAVY STEAMED POTATOES BRAISED CABBAGE w/CRANBERRIES WHOLE WHEAT ROLL</p> <p>FRESH FRUIT (HDM)</p>	<p>14 HAMBURGER ON A BUN GOLDEN CORN BAKED BEANS APRICOT HALVES</p>	<p>15 TURKEY HASH w/GRAVY SWEET PEAS WHOLE GRAIN ROLL BLUSHING PEARS</p> <p>TOSSED GREENS W/BEANS (HDM)</p>	<p>16 <u>HAPPY ST. PATRICK'S DAY</u> CORNEBEEF &amp; CABBAGE POTATOES &amp; CARROTS WHOLE GRAIN ROLL BEAN SALAD GREEN-FRUITED JELLO</p> <p>-NO SALAD BAR-</p>
<p>19 MOCK CHOP SUEY BROWN RICE PACIFIC VEGGIES FOUR BEAN SALAD SWEET PEACHES</p>	<p>20 BAKED COD W/TARTAR RICE PILAF STEAMED BROCCOLI CARROT COINS</p> <p>FRESH FRUIT (HDM)</p>	<p>21 TATER TOT CASSEROLE GREEN &amp; YELLOW ZUCCHINI WHOLE GRAIN ROLL FRUIT CUP</p>	<p>22 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES GARDEN PEAS JUICY PEARS</p> <p>COLESLAW (HDM)</p>	<p>23 EGG &amp; SAUSAGE BAKE FRENCH TOAST STICKS POTATO WEDGES MIXED VEGGIES CINNAMON CHERRY APPLES</p>
<p>26 PASTY WITH GRAVY PICKLED BEETS LIMA BEANS SWEET PEARS</p>	<p>27 CHICKEN NOODLE CASSEROLE GREEN PEAS APRICOTS</p> <p>FRESH FRUIT (HDM)</p>	<p>28 ROAST TURKEY BREAD STUFFING MASHED POTATOES &amp; GRAVY BRUSSEL SPROUTS CRANBERRIES</p>	<p>29 SWEET &amp; SOUR MEATBALLS (PINEAPPLE &amp; PEPPERS) BROWN RICE MIXED VEGETABLES PURPLE PLUMS</p> <p>GREEN SALAD W/GARBANZOS (HDM)</p>	<p>30 <u>EASTER DINNER</u> BAKED HAM CHEESY POTATOES GREEN BEANS WHOLE GRAIN ROLL PINEAPPLE</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.