

# HELENA/EAST HELENA DDC MENU

APRIL 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 at congregate sites and delivered every Monday, Wednesday and Friday to home delivered meals (HDM).</p>	<p>Congregate meals in Helena have a full salad bar unless otherwise stated.</p> 			
<p>-3- CHILI DOG ON A BUN (CHEESE, ONIONS, BEANS) GOLDEN CORN CARROT SALAD</p>	<p>-4- SPAGHETTI &amp; MEAT SAUCE GREEN BEANS GARLIC BREAD SLICED PEARS  FRESH FRUIT (HDM)</p>	<p>-5- CALICO BEANS STEAMED CARROTS PACIFIC VEGETABLES WHOLE GRAIN DINNER ROLL MIXED FRUIT</p>	<p>-6- PORK STIR FRY W/ ORIENTAL VEGETABLES BROWN RICE STEAMED CABBAGE MANDARIN ORANGES  MIXED GREEN SALAD W/ GARBANZOS (HDM)</p>	<p>-7- VEAL CUTLET AU GRATIN POTATOES BRUSSEL SPROUTS WHOLE GRAIN ROLL ZESTY PINEAPPLE</p>
<p>-10- EGG, SAUSAGE &amp; CHEESE BAKE BREAKFAST POTATOES BROCCOLI SPEARS WHOLE GRAIN ROLL MANDARIN ORANGES</p>	<p>-11- SWEET &amp; SOUR MEAT BALLS (PINEAPPLE &amp; PEPPERS) BROWN RICE BUTTER BEETS GREEN BEANS  FRESH FRUIT (HDM)</p>	<p>-12- PASTY WITH GRAVY CALIFORNIA BLEND VEGGIES CORN &amp; BEANS MIXED FRUIT</p>	<p>-13- TUNA NOODLE CASSEROLE SWEET PEAS BLUSHING PEARS  COLESLAW (HDM)</p>	<p>-14- <u>BIRTHDAY DINNER</u> SALMON PATTY STEAMED CARROTS WINTER BLEND VEGETABLES DINNER ROLL SWEET PEACHES CAKE &amp; ICE CREAM (NO SOUP, NO SALAD BAR)</p>
<p>-17- HAMBURGER ON A BUN POTATO TRIANGLES GOLDEN CORN SWEET PEACHES</p>	<p>-18- OVEN BAKED CHICKEN RICE PILAF CAULIFLOWER &amp; PEAS DICED BEETS  FRESH FRUIT (HDM)</p>	<p>-19- TATER TOT CASSEROLE GLAZED CARROTS ZUCCHINI SQUASH WHOLE GRAIN ROLL MANDARIN ORANGES</p>	<p>-20- TURKEY A LA KING OVER STEAMED RICE MIXED VEGETABLES W/ BEANS BAKED APPLES  FRUITED JELLO (HDM)</p>	<p>-21- MEATY BEEF STEW (CARROTS, POTATOES &amp; MORE) CORN BREAD BEAN MEDLEY PURPLE PLUMS</p>
<p>-24- POLISH SAUSAGE ON A BUN W/ SAUERKRAUT BAKED BEANS VEGETABLE MIX PEARS W/ DRIED CHERRIES</p>	<p>-25- PORK CHOP SWEET YAMS STEAMED CABBAGE WHOLE GRAIN ROLL  FRESH FRUIT (HDM)</p>	<p>-26- TURKEY NOODLE CASSEROLE PEAS &amp; CARROTS CALIFORNIA BLEND VEGGIES PINEAPPLE</p>	<p>-27- LEMON PEPPER COD ROTINI NOODLES BRUSSEL SPROUTS FRUIT CUP  CARROT RAISIN SALAD (HDM)</p>	<p>-28- BAKED CHICKEN W/ GRAVY BREAD STUFFING WINTER SQUASH LIMA BEANS CRANBERRIES</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.