

# HELENA/EAST HELENA DDC MENU

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

For Additional Information Call 447-1680 Helena

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-1- PEPPER STEAK OVER SPIRAL NOODLES GREEN BEANS CAULIFLOWER MANDARIN ORANGES	-2- TURKEY WITH STUFFING MASHED POTATOES W/ GRAVY MIXED VEGETABLES  FRESH FRUIT (HDM)	-3- FISH SANDWICH ON A BUN W/ TARTAR POTATO TRIANGLES BAKED BEANS PINEAPPLE CABBAGE SLAW  	-4- HAM, BROCCOLI & RICE CASSEROLE CARROT COINS APPLESAUCE  TOSSED SALAD W/ BEANS (HDM)	-5- OVEN BAKED CHICKEN BAKED POTATOES KEY LARGO VEGETABLES GOLDEN PEARS WHOLE GRAIN DINNER ROLL
-8- HAMBURGER ON A BUN POTATO TRIANGLES BAKED BEANS MIXED FRUIT	-9- EGG & SAUSAGE BAKE FRENCH TOAST STICKS BREAKFAST POTATOES MIXED VEGETABLES  FRESH FRUIT (HDM)	-10- RASPBERRY CHICKEN BREAST BROWN RICE GLAZED CARROTS GARDEN PEAS SLICED PEACHES	-11- MONTANA PASTY W/ GRAVY MIXED VEGETABLES 4 BEAN SALAD GOLDEN PEARS  COLESLAW (HDM)	-12- <u>BIRTHDAY DINNER/MOTHER'S DAY</u> BREADED VEAL W/ GRAVY MASHED POTATOES BROCCOLI SPEARS CRANBERRIES CAKE & ICE CREAM (NO SOUP NO SALAD BAR)
-15- SLOPPY JOES POTATO TRIANGLES GREEN BEANS MANDARIN ORANGES	-16- BAKED COD RICE PILAF MIXED VEGETABLES JUICY PEARS  FRESH FRUIT (HDM)	-17- BBQ PORK RIBS BABY RED POTATOES BAKED BEANS CINNAMON APPLES WHOLE GRAIN ROLL/BREAD	-18- CALICO BEANS MIXED VEGETABLES BUTTER BEETS WHOLE GRAIN ROLL  FRESH GREEN SALAD W/ DRIED CRANBERRIES (HDM)	-19- <u>CLOSED</u> ALL STAFF DAY 
-22- CHILI OVER TORTILLA CHIPS WITH CHEESE CARROT COINS GOLDEN CORN MIXED FRUIT	-23- SPAGHETTI W/ MEAT SAUCE GREEN BEANS CAULIFLOWER GARLIC BREAD  FRESH FRUIT (HDM)	-24- OPEN FACE PORK SANDWICH W/ GRAVY MASHED POTATOES GREEN PEAS PINEAPPLE  	-25- ORANGE CHICKEN WILD RICE STEAMED BROCCOLI BAKED APPLES  TOSSED SALAD W/ KIDNEY BEANS (HDM)	-26- BEEF STEW (carrots, potatoes, tomatoes & peas) CORN BREAD 4 BEAN SALAD PEACHES
-29- <u>CLOSED MEMORIAL DAY</u> 	-30- POLISH SAUSAGE ON A BUN SAUERKRAUT PARSLEY CARROTS GREEN BEANS  FRESH FRUIT (HDM)	-31- MOCK CHOP SUEY BROWN RICE PACIFIC VEGGIES LIMA BEANS SWEET PEARS	Congregate meals in Helena have a full salad bar unless otherwise stated.	Low fat milk is served every day at congregate sites and delivered every Monday, Wednesday and Friday to Home Delivered Meals (HDM)

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.