

HELENA/EAST HELENA DDC MENU

FEBRUARY 2012-MEALS SERVED AT 12:00

For Additional Information Call 447-1680 Helena

Be My Valentine 

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
|  |  | -1- TURKEY AND NOODLES GREEN BEANS WINTER BLEND VEGGIES CRANBERRIES FRESH FRUIT (HDM) | -2- PORK CHOP SUEY BROWN RICE PEA PODS MANDARIN ORANGES GREEN SALAD with GARBANZO BEANS (HDM) | -3- MEAT LOAF WHIPPED POTATOES GARDEN MIX VEGETABLES APRICOTS WHOLE WHEAT ROLL |
| -6- PASTIES WITH GRAVY CAPRI VEGETABLES PICKLED BEETS PEACHES  | -7- HAMBURGER SPANISH RICE (peppers and tomatoes) GOLDEN CORN PLUMP PLUMS WHOLE GRAIN ROLL/ BREAD COOK'S CHOICE SOUP (HDM) | -8- HOMEMADE HAM AND FIVE BEAN SOUP STEAMED CARROTS APPLESAUCE CORN BREAD FRESH FRUIT (HDM) | -9- PULLED PORK SANDWICH ON A BUN BAKED BEANS SLICED PEACHES  COLESLAW (HDM) | -10- BIRTHDAY DINNER LEMON GARLIC CHICKEN PARSLEY RED POTATOES GARDEN PEAS APPLES W/CRANBERRIES WHOLE GRAIN ROLL/BREAD STRAWBERRY ICE CREAM BIRTHDAY CAKE NO SOUP - NO SALAD BAR |
| -13- SPAGHETTI WITH MEAT BALLS AND TOMATO SAUCE GREEN BEANS GARLIC BREAD PINEAPPLE  | -14- <u>VALENTINE DINNER</u> PORK CHOPS MUSHROOM GRAVY MASHED RED POTATOES BROCCOLI SPEARS RED HOT APPLE SAUCE VEGETABLE BEAN SOUP (HDM) | -15- TATER TOT CASSEROLE MIXED VEGETABLES STEAMED CABBAGE WHOLE GRAIN ROLL/BREAD FRESH FRUIT (HDM) | -16- 60 SINGLES CHICKEN ALA ORANGE WILD RICE GLAZED CARROTS PEARS TOSSED GREEN SALAD with BLACK BEANS (HDM) | -17- <u>AARP</u> BAKED HAM COMPANY POTATOES BRUSSEL SPROUTS APRICOT HALVES ROLL/BREAD  |
| -20- <u>CLOSED</u> <u>PRESIDENT'S DAY</u>  | -21- HAMBURGER PEPPER STEAK PARSLEY NOODLES STEAMED SPINACH CAULIFLOWER MIXED VEGETABLE SOUP (HDM) | -22- BBQ PORK BITS CREAMED RED POTATOES STEAMED CABBAGE CARROT COINS WHOLE GRAIN ROLL FRESH FRUIT (HDM) | -23- BAKED ITALIAN CHICKEN RICE PILAF BROCCOLI SPEARS MIXED FRUIT TOSSED SALAD WITH BEANS (HDM) | -24- VEAL CUTLETS WITH GRAVY STEAMED POTATOES WINTER SQUASH APPLE SLAW WHOLE GRAIN ROLL/BREAD |
| -27- CHILI CON CARNE SPAGHETTI NOODLES GOLDEN CORN APRICOTS | -28- BAKED TURKEY YUMMY YAMS GARDEN PEAS CRANBERRY SAUCE WHOLE GRAIN ROLL/BREAD | -29- SLOPPY JOES ON A BUN POTATO WEDGES 4-BEAN SALAD VEGETABLE SOUP (HDM) | Low fat milk is served every day at congregate sites, and delivered every Monday, Wednesday and Friday to Meals on Wheels customers. | |

