





# HELENA SENIOR NUTRITION MENU - DECEMBER 2024

**LUNCH SERVED FROM 11:30-12:30**

For More Information Call (406) 447-1680 Helena

\*This menu is subject to change due to product availability



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS FRESH FRUIT</p>	<p>3</p> <p>PORK &amp; VEGGIE STIR FRY BROWN RICE GREEN SALAD w/BEANS PINEAPPLE</p>	<p>4</p> <p>CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS MANDARIN ORANGES</p>	<p>5</p> <p>BREAKFAST BOWL (SAUSAGE, EGGS, PEPPERS, ONIONS &amp; CHEESE) PACIFIC VEGETABLES WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>6</p> <p>HOT HAMBURGER SANDWICH MASHED POTATOES w/GRAVY BROCCOLI SPEARS APRICOT HALVES</p>
<p>9</p> <p>OVEN BAKED CHICKEN w/VELOUTE SAUCE WILD RICE PILAF SWEET YAMS GREEN BEANS FRESH FRUIT</p>	<p>10</p> <p>CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CARROT RAISIN SALAD JUICY PEARS</p>	<p>11</p> <p>BAKED HAM MACARONI &amp; CHEESE COUNTRY VEGETABLES GARDEN PEAS CINNAMON APPLESAUCE</p>	<p>12</p> <p>SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES</p>	<p>13</p> <p><u>BIRTHDAY DINNER</u> HEARTY MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL GOLDEN CORN TROPICAL FRUIT BLEND BIRTHDAY CAKE</p>
<p>16</p> <p>PEPPER STEAK ROASTED RED BABY POTATOES GREEN BEANS PICKLED BEETS FRESH FRUIT</p>	<p>17</p> <p>SWEET-N-SOUR PORK SEASONED BROWN RICE CARROT COINS TOSSED GREEN SALAD w/RED BEANS PINEAPPLE</p>	<p>18</p> <p>TURKEY NOODLE CASSEROLE ITALIAN VEGETABLES BRUSSELS SPROUTS CRANBERRIES</p>	<p>19</p> <p>SWEDISH MEATBALLS FRESH PASTA GARDEN PEAS WINTER SQUASH BLUSHING PEARS</p>	<p>20</p> <p><u>HOLIDAY DINNER</u> HERB SEASONED ROAST BARON OF BEEF w/BROWN PAN SAUCE LOADED MASHED POTATOES GREEN BEANS ALMONDINE ROASTED BUTTERNUT SQUASH SPICED APPLE CRANBERRIES BLUEBERRY COBBLER w/FRESH WHIPPED CREAM</p>
<p>23</p> <p>SALMON PATTY WILD RICE CALIFORNIA VEGETABLES GREEN BEANS FRESH FRUIT</p>	<p>24</p> <p><u>CLOSED</u></p> 	<p>25</p> <p><u>CLOSED</u></p> 	<p>26</p> <p>CHICKEN PATTY ON A BUN BAKED POTATO WEDGES CAPRI VEGETABLES BAKED APPLES</p>	<p>27</p> <p>CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS</p>
<p>30</p> <p>LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES FRESH FRUIT</p>	<p>31</p> <p>HAMBURGER ON A BUN BAKED BEANS COLESLAW MANDARIN ORANGES</p>		<p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p> <p><i>Low fat milk is delivered daily with Home Delivered Meals and available daily in the Dinner Club</i></p>	

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

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 \$5.00. Required charge for under 60 years \$7.00.**