







HELENA SENIOR NUTRITION MENU - NOVEMBER 2024

LUNCH SERVED FROM 11:30-12:30

For Information Call (406) 447-1680 Helena

*This menu is subject to change due to product availability



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>Low fat milk is delivered daily with Home Delivered Meals and available daily in the Dinner Club</i></p>		<p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p>	<p>1 BEEF TACO CASSEROLE W/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN BLUSHING PEARS</p>
<p>4 CHILI CON CARNE CORN BREAD MEDITERRANEAN VEGGIES PARSLEY CARROTS FRESH FRUIT</p>	<p>5 <u>CLOSED</u></p> 	<p>6 HOT TURKEY SANDWICH MASHED POTATOES GREEN BEANS CRANBERRIES</p>	<p>7 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT YELLOW & GREEN ZUCCHINI COLESLAW MANDARIN ORANGES</p>	<p>8 BIRTHDAY DINNER CHICKEN FRIED STEAK MASHED POTATOES CARROT COINS DINNER ROLL FRUIT COCKTAIL BIRTHDAY CAKE</p>
<p>11 CLOSED - VETERANS DAY</p> 	<p>12 BEEF BROCCOLI OVER STEAMED RICE PEAS & PEARL ONIONS CARROT COINS APRICOT HALVES</p>	<p>13 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN BEANS BAKED CRAN APPLES</p>	<p>14 SALISBURY STEAK SEASONED BROWN RICE SCANDINAVIAN VEGETABLES CREAMED CORN MANDARIN ORANGES</p>	<p>15 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS DINNER ROLL CINNAMON APPLESAUCE</p>
<p>18 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS FRESH FRUIT</p>	<p>19 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES FRUITED JELLO</p>	<p>20 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES</p>	<p>21 KOREAN BEEF STEAMED RICE ASIAN VEGETABLE CAULIFLOWER FRUIT COCKTAIL</p>	<p>22 <u>THANKSGIVING DINNER</u> ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRY SAUCE PUMPKIN PIE w/FRESH WHIPPED CREAM</p>
<p>25 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRESH FRUIT</p>	<p>26 BBQ CHICKEN WHOLE GRAIN ROLL BAKED BEANS GARDEN VEGETABLES COLESLAW</p>	<p>27 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES SPRING VEGETABLE MIX PINEAPPLE</p>	<p>28 <u>CLOSED</u></p>  <p>Happy Thanksgiving</p>	<p>29 <u>CLOSED</u></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.