

HELENA SENIOR NUTRITION MENU - FEBRUARY 2026

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 |
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| | <p><i>Low fat milk is delivered daily to Home Delivered Meal customers and served daily in the dinner club</i></p> |  | SALAD BAR INCLUDED IN CONGREGATE MEALS |  |
| 2 HERB BAKED CHICKEN WITH VELOUTÉ SAUCE RICE PILAF GREEN BEANS COLESLAW CRANBERRIES | 3 PARMESAN CRUSTED TILAPIA WILD RICE SWEET PEACHES SCANDINAVIAN VEGETABLES | 4 SLOPPY JOES ON A BUN CAPRI VEGETABLES POTATO WEDGES PINEAPPLE | 5 CAJUN CHICKEN & SAUSAGE OVER PASTA COUNTRY VEGETABLES GARDEN PEAS CINNAMON APPLESauce | 6 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER JUICY PEARS |
| 9 GOULASH PICKLED BEETS TOSSED SALAD w/RED BEANS FRUIT COCKTAIL | 10 TURKEY NOODLE CASSEROLE ITALIAN VEGETABLES BRUSSELS SPROUTS APRICOTS | 11 SWEET-N-SOUR PORK BROWN RICE GREEN PEAS CARROT COINS PINEAPPLE | 12 SWEDISH MEATBALLS EGG NOODLES WINTER SQUASH GREEN BEANS BLUSHING PEARS | 13 <u>BIRTHDAY DINNER</u> CHICKEN CORDON BLEU w/MORNAY SAUCE WILD RICE ROASTED BABY CARROTS BROCCOLI SPEARS BAKED APPLES BIRTHDAY CAKE |
| 16 <u>CLOSED</u> | 17 HEARTY MEATLOAF MASHED POTATOES w/GRAVY ROASTED BROCCOLI WHOLE GRAIN ROLL GOLDEN PEARS | 18 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES THREE BEAN SALAD CRANBERRIES | 19 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD FRUIT COCKTAIL | 20 SALMON PATTY w/LEMON SAUCE WILD RICE CALIFORNIA VEGETABLES GREEN BEANS SWEET PEACHES |
| 23 LEMON BASIL CHICKEN WILD RICE GREEN BEANS TOSSED SALAD w/BEANS APRICOTS | 24 BEEF STROGANOFF EGG NOODLES CABBAGE & CARROTS PICKLED BEETS BLUSHING PEARS | 25 PORK FRITTER w/DIJON GRAVY MASHED POTATOES GARDEN MIX VEGETABLES WHOLE WHEAT ROLL APPLESAUCE | 26 HAMBURGER ON A BUN w/JOJOS CARROT COINS FRUIT COCKTAIL | 27 KFC BOWL POPCORN CHICKEN CORN, CHEDDAR CHEESE & GRAVY OVER MASHED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE |

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS
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 \$10.00.

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