





# 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
	<i>Low fat milk is delivered daily to Home Delivered Meal customers and served daily in the dinner club</i>		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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