



HELENA SENIOR NUTRITION MENU - DECEMBER 2022

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>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>		<p>1 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES</p>	<p>2 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE</p>
<p>5 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES</p>	<p>6 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE</p>	<p>7 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS FRESH FRUIT</p>	<p>8 POTATO, VEGGIE & CHEESE EGG BAKE VEGETABLE MIX GREEN SALAD w/BEANS WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>9 <u>BIRTHDAY DINNER</u> HEARTY MEATLOAF MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES BIRTHDAY CAKE</p>
<p>12 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS</p>	<p>13 CHILI OVER TORTILLA CHIPS w/CHEESE MEXICAN CORN CAULIFLOWER CINNAMON APPLESauce</p>	<p>14 BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS FRESH FRUIT</p>	<p>15 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES</p>	<p>16 FISH PATTY w/TARTAR SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES</p>
<p>19 CHEESY POTATO BEEF BAKE GREEN PEAS PICKLED BEETS APRICOTS</p>	<p>20 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRUIT CRISP</p>	<p>21 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRESH FRUIT</p>	<p>22 <u>CHRISTMAS DINNER</u> BAKED HAM WITH PINEAPPLE SAUCE ROSEMARY ROASTED BABY RED POTATOES FRESH CARROT CASSEROLE w/CHEDDAR CHEESE SAUCE CREAMED SPINACH SWEET ROLL APPLE PIE À LA MODE</p>	<p>23 <u>CLOSED</u></p> 
<p>26 <u>CLOSED</u></p> 	<p>27 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD APRICOT HALVES</p>	<p>28 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD FRESH FRUIT</p>	<p>29 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH CARROT RAISIN SALAD MIXED FRUIT CUP</p>	<p>30 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS</p>

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 \$7.00.