

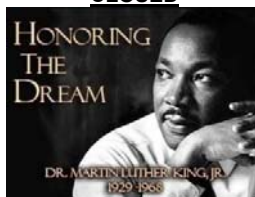


HELENA/EAST HELENA DDC MENU

JANUARY 2020-MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Congregate meals in Helena have a full salad bar unless otherwise stated.	Low fat milk is served every day at congregate sites, and delivered every Monday, Wednesday & Friday to Home Delivered Meal (HDM) customers	1 CLOSED 	2 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH BLUSHING PEARS TOSSED GREEN SALAD W/GARBANZOS (HDM)	3 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES MIXED VEGETABLES MANDARIN ORANGES
6 SALMON PATTY WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES	7 PEPPER STEAK ROASTED POTATOES CAULIFLOWER MANDARIN ORANGES FRESH FRUIT (HDM)	8 CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	9 MEATLOAF MASHED POTATOES W/GRAVY WHOLE GRAIN ROLL MIXED FRUIT CUP CARROT RAISIN SALAD (HDM)	10 <u>BIRTHDAY DINNER</u> HONEY ALMOND CHICKEN SWEET CORN CARROT COINS GOLDEN PEARS CAKE & ICE CREAM *NO SALAD BAR*
13 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE	14 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT (HDM)	15 ROASTED PORK LOIN W/BLEUBERRY SAUCE MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES	16 TURKEY HASH OVER POTATOES SWEET PEAS WHOLE GRAIN BREAD BLUSHING PEARS TOSSED GREENS W/BEANS (HDM)	17 LEMON BASIL CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES
20 CLOSED 	21 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES JUICY PEARS FRESH FRUIT (HDM)	22 SWEET & SOUR MEATBALLS BROWN RICE CARROT COINS BEAN MEDLEY FRUIT CUP (REVISED MENU ENTREE)	23 BAKED COD W/TARTAR RICE PILAF ZUCCHINI SQUASH APRICOTS COLESLAW (HDM)	24 HOT DOGS ON A BUN POTATO WEDGES MIXED VEGGIES CINNAMON CHERRY APPLES (REVISED MENU ENTREE)
27 MONTANA PASTY W/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	28 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT (HDM)	29 ROAST PORK MASHED POTATOES & GRAVY BRUSSELS SPROUTS ROLL CINNAMON APPLES (REVISED MENU ENTRÉE)	30 HAM & SCALLOPED POTATOES CORN PLUMP PEACHES GREEN SALAD W/GARBANZOS (HDM) (REVISED MENU ENTRÉE)	31 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES MIXED VEGGIES 4 BEAN SALAD

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.