

# HELENA/EAST HELENA DDC MENU

MAY 2018-MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Congregate meals in Helena have a full salad bar unless otherwise stated.</i></p>	<p>1 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL  FRESH FRUIT (HDM)</p>	<p>2 ORANGE CHICKEN WILD RICE BROCCOLI &amp; CAULIFLOWER FOUR BEAN SALAD BAKED APPLES</p>	<p>3 OPEN FACE PORK SANDWICH W/GRAVY MASHED POTATOES GREEN PEAS PINEAPPLE  CARROT RAISIN SALAD (HDM)</p>	<p>4 ZITI NOODLES W/MEAT SAUCE GARLIC BREAD PEPPERS &amp; ONIONS GOLDEN CORN JUICY PEACHES</p>
<p>7 MONTANA PASTIES PACIFIC VEGETABLES GARDEN PEAS APRICOT HALVES</p>	<p>8 PARMESAN CHICKEN BREAST BUTTERED ROTINI GREEN BEANS CARROT COINS  FRESH FRUIT (HDM)</p>	<p>9 PORK &amp; VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE</p>	<p>10 POTATO, VEGGIE &amp; CHEESE EGG BAKE VEGETABLE MIX WHOLE GRAIN BREAD SWEET PEACHES  TOSSED GREEN SALAD W/BEANS (HDM)</p>	<p>11 <u>BIRTHDAY/MOTHER'S DAY DINNER</u> BAKED HAM MACARONI &amp; CHEESE BROCCOLI SPEARS GOLDEN CORN CINNAMON APPLESAUCE CAKE &amp; ICE CREAM <u>NO SALAD BAR</u></p>
<p>14 OVEN BAKED CHICKEN WILD RICE PILAF BROCCOLI &amp; CAULIFLOWER GREEN BEANS SWEET PEACHES</p>	<p>15 CHILI OVER TORTILLA CHIPS WITH CHEESE DICED BEETS MIXED FRUIT  FRESH FRUIT (HDM)</p>	<p>16 BREADED VEAL W/GRAVY SWEET YAMS MIXED VEGGIES WHOLE GRAIN ROLL CRANBERRIES</p>	<p>17 SLOPPY JOES ON A BUN POTATO WEDGES BAKED BEANS  COLESLAW (HDM)</p>	<p>18 BREADED FISH W/TARTAR SCALLOPED POTATOES PEAS &amp; CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES</p>
<p>21 HUNGARIAN GOULASH MIXED VEGETABLES GREEN PEAS APRICOTS</p>	<p>22 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS  FRESH FRUIT (HDM)</p>	<p>23 BEEF &amp; BLACK BEAN ENCHILADA CASSEROLE MEXI-CORN ZUCCHINI SQUASH PURPLE PLUMS</p>	<p>24 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH BLUSHING PEARS  TOSSED GREEN SALAD W/GARBANZOS (HDM)</p>	<p>25 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES 4 BEAN SALAD FRUIT CRISP</p>
<p>28 <u>CLOSED</u> </p>	<p>29 PEPPER STEAK OVER SPIRAL NOODLES CAULIFLOWER MANDARIN ORANGES  FRESH FRUIT (HDM)</p>	<p>30 CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES PICKLED BEETS BAKED APPLES</p>	<p>31 MEATLOAF MASHED POTATOES W/GRAVY WHOLE GRAIN ROLL MIXED FRUIT CUP  CARROT RAISIN SALAD (HDM)</p>	<p><i>Low fat milk is served every day at congregate sites and delivered every Monday, Wednesday and Friday to Home Delivered Meals (HDM)</i></p>

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 \$4.00 and under 60 years \$7.00.