




HELENA/EAST HELENA DDC MENU

JANUARY 2019-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.	1 CLOSED 	2 CHICKEN & MUSHROOM GRAVY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES	3 HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO (HDM)	4 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES APRICOTS
7 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE	8 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)	9 ZITI NOODLES W/MEATBALLS GARLIC BREAD MIXED VEGETABLES GOLDEN CORN JUICY PEACHES	10 OPEN FACE PORK SANDWICH W/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES CARROT RAISIN SALAD (HDM)	11 <u>BIRTHDAY DINNER</u> LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP CAKE & ICE CREAM (NO SALAD BAR)
14 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	15 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT (HDM)	16 PARMESAN CHICKEN BREAST BUTTERED ROTINI CREAMED SPINACH CARROT COINS PINEAPPLE	17 POTATO, VEGGIE & CHEESE EGG BAKE VEGETABLE MIX WHOLE GRAIN ROLL SWEET PEACHES TOSSED GREEN SALAD W/BEANS (HDM)	18 BREADED VEAL MASHED POTATOES W/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES
21 CLOSED MARTIN LUTHER KING, JR CLOSED 	22 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT (HDM)	23 BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE	24 SLOPPY JOES ON A BUN POTATO WEDGES BAKED BEANS SWEET PEACHES COLESLAW (HDM)	25 FISH PATTY W/TARTAR SCALLOPED POTATOES PEAS & CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES
28 HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS APRICOTS	29 SWEDISH MEATBALLS STEAMED POTATOES WINTER SQUASH GREEN BEANS FRESH FRUIT (HDM)	30 CHICKEN CORDON BLEU WILD RICE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP	31 SWEET-N-SOUR PORK BROWN RICE CARROT COINS BLUSHING PEARS TOSSED GREEN SALAD W/GARBANZOS (HDM)	Low fat milk is served every day at congregare sites, and delivered every Monday, Wednesday & Friday to Home Delivered Meal (HDM) customers

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 is \$4.00 and under 60 years old is \$7.00.