




HELENA SENIOR NUTRITION MENU - OCTOBER 2021

LUNCH SERVED AT 11:00

For Information Call 447-1680



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><i>Low fat milk is served daily</i></p> <p><i>SALAD OPTIONS AVAILABLE FOR CONGREGATE DINING</i></p>	<p>1</p> <p>HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS MANDARIN ORANGES</p>
<p>4</p> <p>TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES</p>	<p>5</p> <p>CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES FRESH FRUIT</p>	<p>6</p> <p>CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES</p>	<p>7</p> <p>HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO</p>	<p>8</p> <p><u>BIRTHDAY DINNER</u> SEASONED ROASTED PORK WITH PAN SAUCE ROASTED BABY POTATOES WINTER BLEND VEGGIES PARSLEY CARROTS APRICOTS BIRTHDAY CAKE & ICE CREAM</p>
<p>11</p> <p>LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP</p>	<p>12</p> <p>POTATO, VEGGIE & CHEESE EGG BAKE TOSSED GREEN SALAD w/BEANS WHOLE GRAIN ROLL FRESH FRUIT</p>	<p>13</p> <p>OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES</p>	<p>14</p> <p>ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES</p>	<p>15</p> <p>ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE</p>
<p>18</p> <p>MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES</p>	<p>19</p> <p>PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE FRESH FRUIT</p>	<p>20</p> <p>CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS PINEAPPLE</p>	<p>21</p> <p>SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES SWEET PEACHES</p>	<p>22</p> <p>CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES</p>
<p>25</p> <p>OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS</p>	<p>26</p> <p>CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT</p>	<p>27</p> <p>BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE</p>	<p>28</p> <p>SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES</p>	<p>29</p> <p>FISH PATTY w/TARTAR SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES</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.