

HELENA SENIOR NUTRITION MENU - MAY 2025

LUNCH SERVED FROM 11:30-12:30

For more information call: (406) 447-1680

*This menu is subject to change due to product availability



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i></p> <p><i>SALAD BAR INCLUDED IN CONGREGATE MEALS</i></p>			<p>1</p> <p>BEEF BROCCOLI OVER STEAMED RICE GOLDEN CORN CARROT COINS APRICOT HALVES</p>	<p>2</p> <p>PARMESAN BAKED TILAPIA WILD RICE KEY LARGO VEGGIES SUMMER SQUASH JUICY PEACHES</p>
<p>5</p> <p>TURKEY POT PIE GREEN BEANS DICED BEETS FRESH FRUIT</p>	<p>6</p> <p>CHEESEBURGER BOWL Ground beef, pickle relish ketchup, mustard, mayo, lettuce tomato and onion BEER BATTERED SIDE WINDER FRY PACIFIC VEGGIES DINNER ROLL FRUITED JELLO</p>	<p>7</p> <p>CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES</p>	<p>8</p> <p>BEEF & CHEESE ENCHILADA ROASTED CORN & BEANS CAULIFLOWER MANDARIN ORANGES</p>	<p>9</p> <p><u>BIRTHDAY/MOTHER'S DAY DINNER</u> BAKED HAM WITH APPLE RAISIN SAUCE SCALLOPED POTATOES ROASTED BRUSSEL SPROUTS WHOLE GRAIN ROLL TROPICAL FRUIT CAKE</p>
<p>12</p> <p>ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD FRESH FRUIT</p>	<p>13</p> <p>ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES</p>	<p>14</p> <p>OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED CRAN-APPLES</p>	<p>15</p> <p>CHEESY BEEF TACO PASTA CARROT COINS PICKLED BEETS PINEAPPLE</p>	<p>16</p> <p>LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT COCKTAIL</p>
<p>19</p> <p>MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS WHOLE GRAIN ROLL FRESH FRUIT</p>	<p>20</p> <p>POTATO, VEGGIE, CHEESE & SAUSAGE EGG BAKE WITH COUNTRY GRAVY PACIFIC VEGETABLES GREEN SALAD w/BEANS WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>21</p> <p>CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS APRICOT HALVES</p>	<p>22</p> <p>PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE</p>	<p>23</p> <p>CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL APPLESAUCE</p>
<p>26</p> <p><u>CLOSED</u></p>	<p>27</p> <p>SLOPPY JOES ON A BUN JO JO POTATOES BEAN MEDLEY MANDARIN ORANGES</p>	<p>28</p> <p>SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES SPRING VEGETABLE MIX CINNAMON APPLESAUCE</p>	<p>29</p> <p>SALMON PATTY ON A BUN SWEET POTATO FRIES HERBED CARROTS JUICY PEACHES</p>	<p>30</p> <p>CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER JUICY PEARS</p>

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION.

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 \$10.00.