

HELENA/EAST HELENA DDC MENU

MARCH 2019-MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Low fat milk is served daily in the Daily Dinner Club and delivered on Monday, Wednesday and Friday to Home Delivered Meals (HDM).</i></p>	<p>Congregate meals in Helena have a full salad bar unless otherwise stated.</p>			<p>1 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MANDARIN ORANGES</p>
<p>4 SPAGHETTI w/MEAT SAUCE (tomatoes & mushrooms) GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES</p>	<p>5 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)</p>	<p>6 CHILI CON CARNE (ONIONS, GRATED CHEESE) CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS</p>	<p>7 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES CARROT RAISIN SALAD (HDM)</p>	<p>8 BIRTHDAY DINNER TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE CAKE & ICE CREAM <u>*NO SALAD BAR*</u></p>
<p>11 BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES</p>	<p>12 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT SAUTÉED GREENS CARROT COINS FRESH FRUIT (HDM)</p>	<p>13 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES</p>	<p>14 SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY PLUMP PLUMS 4-BEANS & GREENS (HDM)</p>	<p>15 <u>ST. PATRICK'S DAY DINNER</u> CORNED BEEF & CABBAGE POTATOES & CARROTS WHOLE GRAIN ROLL PEACHES & PEARS</p>
<p>18 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES JUICY PEACHES</p>	<p>19 HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO (HDM)</p>	<p>20 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES</p>	<p>21 VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI MIXED FRUIT CUP COLESLAW (HDM)</p>	<p>22 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS MANDARIN ORANGES</p>
<p>25 CHEESEBURGER ON A BUN POTATO TRIANGLES BAKED BEANS PACIFIC VEGGIES APPLESAUCE</p>	<p>26 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES PEAS & CARROTS WHOLE GRAIN ROLL CRANBERRIES FRESH FRUIT (HDM)</p>	<p>27 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES</p>	<p>28 LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN PINEAPPLE FRESH FRUIT (HDM)</p>	<p>29 FISH PATTY w/TARTAR ROASTED POTATOES GARDEN PEAS CAULIFLOWER APRICOTS</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.