

# HELENA SENIOR NUTRITION MENU - APRIL 2021

# April

For Additional Information Call 447-1680

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Low fat milk is served daily to Home Delivered Meals customers.	1 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD	2 APRICOT MUSTARD BAKED HAM LEMON PARMESAN ROASTED RED POTATOES HONEY GLAZED CARROTS WHOLE GRAIN ROLL BANANA PUDDING TART
5 BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES	6 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT SAUTÉED GREENS CARROT COINS FRESH FRUIT	7 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES	8 VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI 4-BEANS & GREENS PLUMP PLUMS	9 <u>BIRTHDAY DINNER</u> LOADED CHICKEN POTATO BAKE GREEN BEANS DINNER ROLL PEACHES & PEARS BIRTHDAY CAKE
12 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES JUICY PEACHES	13 UPSIDE DOWN PIZZA GOLDEN CORN CARROT COINS FRESH FRUIT	14 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES	15 SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY COLESLAW MIXED FRUIT	16 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS MANDARIN ORANGES
19 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES	20 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES FRESH FRUIT	21 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES	22 HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO	23 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES APRICOTS
26 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP	27 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT	28 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES	29 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES	30 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE

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.