

HELENA/EAST HELENA DDC MENU

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

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Congregate meals in Helena have a full salad bar unless otherwise stated.</p>	<p>Low fat milk is served every day at congregated sites and delivered every Monday, Wednesday and Friday to Home Delivered Meals (HDM)</p>	<p>1 CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES</p>	<p>2 MEATLOAF MASHED POTATOES W/GRAVY WHOLE GRAIN ROLL MIXED FRUIT CUP CARROT RAISIN SALAD (HDM)</p>	<p>3 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS</p>
		<p>6 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE</p>	<p>7 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT (HDM)</p>	<p>8 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES</p>
<p>13 MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES</p>	<p>14 BAKED COD W/TARTAR RICE PILAF STEAMED BROCCOLI ZUCCHINI SQUASH FRESH FRUIT (HDM)</p>	<p>15 TATER TOT CASSEROLE CARROT COINS BEAN MEDLEY FRUIT CUP</p>	<p>16 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES JUICY PEARS COLESLAW (HDM)</p>	<p>17 BISCUITS & SAUSAGE GRAVY POTATO WEDGES MIXED VEGGIES CINNAMON CHERRY APPLES</p>
<p>20 MONTANA PASTY W/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS</p>	<p>21 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT (HDM)</p>	<p>22 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES</p>	<p>23 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES PLUMP PEACHES GREEN SALAD W/GARBANZOS (HDM)</p>	<p>24 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MANDARIN ORANGES</p>
<p>27 <u>CLOSED</u> </p>	<p>28 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)</p>	<p>29 CHILI CON CARNE (ONIONS & GRATED CHEESE) CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS</p>	<p>30 FISH PATTY W/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD (HDM)</p>	<p>31 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE</p>

WE DEPEND ON YOUR MEAL PAYMENT FOR HALF OUR 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 \$4.00 and under 60 years \$7.00.