

# HELENA SENIOR NUTRITION MENU -- NOVEMBER 2021

LUNCH SERVED AT 11:00

For Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 SHEPHERD'S PIE GOLDEN CORN PICKLED BEETS APRICOTS</p>	<p>2 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT</p>	<p>3 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP</p>	<p>4 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS</p>	<p>5 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES VEGGIE BLEND BAKED APPLES</p>
<p>8 SALMON PATTY w/DILL SAUCE WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES</p>	<p>9 CHILI DOG ON A BUN SWEET CORN CARROT COINS  FRESH FRUIT</p>	<p>10 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES</p>	<p>11 CLOSED-VETERANS DAY </p>	<p>12 BIRTHDAY DINNER HEARTY MEATLOAF MASHED POTATOES w/GRAVY GREEN BEANS WHOLE GRAIN BREAD GOLDEN PEARS BIRTHDAY CAKE</p>
<p>15 TUSCAN CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES</p>	<p>16 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT</p>	<p>17 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES</p>	<p>18 CHICKEN BACON RANCH PASTA SWEET PEAS CARROT RAISIN SALAD BLUSHING PEARS</p>	<p>19 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE</p>
<p>22 MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES</p>	<p>23 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY FRESH FRUIT</p>	<p>24 THANKSGIVING DINNER ROAST TURKEY AND DRESSING MASHED POTATOES w/GRAVY CARROTS &amp; PEAS CRANBERRIES PUMPKIN PIE w/WHIPPED CREAM</p>	<p>25 <u>CLOSED</u> </p>	<p>26 <u>CLOSED</u> </p>
<p>29 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS</p>	<p>30 CHICKEN CHEESE &amp; STUFFING CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT</p>	<p></p>	<p><i>Low fat milk is delivered daily with Home Delivered Meals and available daily in the Dinner Club</i></p>	<p> <b>SALAD OPTIONS ARE AVAILABLE FOR CONGREGATE DINING</b></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.**

