

HELENA/EAST HELENA DDC MENU

DECEMBER 2018-MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>MONTANA PASTY W/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS</p>	<p>4</p> <p>CHICKEN ALFREDO NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS</p> <p>FRESH FRUIT (HDM)</p>	<p>5</p> <p>TURKEY HASH W/DICED POTATOES CARROT COINS FOUR BEAN SALAD PURPLE PLUMS</p>	<p>6</p> <p>SWEET & SOUR MEATBALLS (PINEAPPLE, PEPPERS) BROWN RICE ORIENTAL VEGETABLES PLUMP PEACHES</p> <p>GREEN SALAD W/GARBANZOS (HDM)</p>	<p>7</p> <p>POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MANDARIN ORANGES</p>
<p>10</p> <p>SPAGHETTI w/MEAT SAUCE (tomatoes & mushrooms) GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN PINEAPPLE</p>	<p>11</p> <p>BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL</p> <p>FRESH FRUIT (HDM)</p>	<p>12</p> <p>CHILI MAC-N-CHEESE PARSLEY CARROTS MIXED VEGETABLES BLUSHING PEARS</p>	<p>13</p> <p>FISH PATTY W/TARTAR ON A BUN CAULIFLOWER MIXED FRUIT</p> <p>CARROT RAISIN SALAD (HDM)</p>	<p>14</p> <p><u>CHRISTMAS/BIRTHDAY DINNER</u> HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS BAKED APPLES CAKE & ICE CREAM (NO SALAD BAR)</p>
<p>17</p> <p>BEEF & BEAN TACO CASSEROLE TORTILLA CHIPS MEXICAN CORN MANDARIN ORANGES</p>	<p>18</p> <p>HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT SAUTÉED GREENS CARROT COINS</p> <p>FRESH FRUIT (HDM)</p>	<p>19</p> <p>HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES</p>	<p>20</p> <p>VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI PLUMP PLUMS</p> <p>4-BEANS & GREENS (HDM)</p>	<p>21</p> <p>TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE SWEET PEACHES</p>
<p>24</p> <p><u>CLOSED</u></p>	<p>25</p> <p><u>CLOSED</u></p>	<p>26</p> <p><u>CLOSED</u></p>	<p>27</p> <p>SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY MIXED FRUIT CUP</p> <p>COLESLAW (HDM)</p>	<p>28</p> <p>CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS</p>
<p>31</p> <p><u>CLOSED</u></p>		<p><i>Congregate meals in Helena have a full salad bar unless otherwise stated.</i></p>		<p>Low fat milk is served every day in the Daily Dinner Club (DDC) and delivered every Monday, Wednesday, and Friday to Home Delivered Meals (HDM)</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.

A VARIED SALAD BAR IS AVAILABLE DAILY AT THE DINNER CLUB UNLESS STATED OTHERWISE.