

HELENA SENIOR NUTRITION MENU

-MARCH 2021-

For Additional Information Call 447-1680

MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SALMON PATTY w/CREAMY GARLIC SAUCE WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES	2 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD FRESH FRUIT	3 CHICKEN BACON RANCH PASTA BUTTERMILK BISCUIT COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	4 HEARTY MEATLOAF MASHED POTATOES w/GRAVY CARROT RAISIN SALAD WHOLE GRAIN ROLL MIXED FRUIT CUP	5 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS
8 LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES	9 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT	10 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES	11 TURKEY COBBLER SWEET PEAS TOSSED GREENS w/BEANS BLUSHING PEARS	12 <u>BIRTHDAY DINNER</u> CHICKEN FRIED STEAK MASHED POTATOES & GRAVY MIXED VEGETABLES PICKLED BEETS PINEAPPLE BIRTHDAY CAKE
15 MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES	16 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY FRESH FRUIT	17 <u>ST. PATRICK'S DAY</u> CORNED BEEF & CABBAGE LUCKY POTATOES CARROT COIN\$ BLARNEY STONE ROLL GREEN PEARS	18 CITRUS BAKED COD RICE PILAF ZUCCHINI SQUASH COLESLAW APRICOTS	19 BISCUITS & SAUSAGE GRAVY POTATO WEDGES MIXED VEGGIES CINNAMON CHERRY APPLES
22 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	23 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT	24 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES	25 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD w/GARBANZOS PLUMP PEACHES	26 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MANDARIN ORANGES
29 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES	30 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL FRESH FRUIT	31 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE	Low fat milk is served daily to Home Delivered Meals customers. 	

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.