

# HELENA/EAST HELENA DDC MENU

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

For Additional Information Call 447-1680 Helena

# April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>ORANGE CHICKEN WILD RICE BROCCOLI &amp; CAULIFLOWER FOUR BEAN SALAD PINEAPPLE</p>	<p>2</p> <p>CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL  FRESH FRUIT (HDM)</p>	<p>3</p> <p>ZITI NOODLES W/MEATBALLS GARLIC BREAD MIXED VEGETABLES GOLDEN CORN JUICY PEACHES</p>	<p>4</p> <p>OPEN FACE PORK SANDWICH W/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES  CARROT RAISIN SALAD (HDM)</p>	<p>5</p> <p>LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP</p>
<p>8</p> <p>MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES</p>	<p>9</p> <p>POTATO, VEGGIE &amp; CHEESE EGG BAKE VEGETABLE MIX WHOLE GRAIN ROLL  FRESH FRUIT (HDM)</p>	<p>10</p> <p>PORK &amp; VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE MANDARIN ORANGES</p>	<p>11</p> <p>BREADED VEAL MASHED POTATOES W/GRAVY BROCCOLI SPEARS CRANBERRIES  TOSSED GREEN SALAD W/BEANS (HDM)</p>	<p>12</p> <p>BIRTHDAY DINNER PARMESAN CHICKEN BREAST BUTTERED ROTINI HERBED ZUCCHINI CARROT COINS PINEAPPLE CAKE &amp; ICE CREAM  <b>*NO SALAD BAR*</b></p>
<p>15</p> <p>OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS</p>	<p>16</p> <p>CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER  FRESH FRUIT (HDM)</p>	<p>17</p> <p>FISH PATTY W/TARTAR MACARONI &amp; CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE</p>	<p>18</p> <p>SLOPPY JOES ON A BUN POTATO WEDGES BAKED BEANS SWEET PEACHES  COLESLAW (HDM)</p>	<p>19</p> <p>EASTER DINNER BAKED HAM SCALLOPED POTATOES PEAS &amp; CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES</p>
<p>22</p> <p>HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS APRICOTS</p>	<p>23</p> <p>SWEET-N-SOUR PORK BROWN RICE GREEN BEANS CARROT COINS  FRESH FRUIT (HDM)</p>	<p>24</p> <p>CHICKEN CORDON BLEU WILD RICE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP</p>	<p>25</p> <p>SWEDISH MEATBALLS MASHED POTATOES WINTER SQUASH BLUSHING PEARS  TOSSED GREEN SALAD W/GARBANZOS (HDM)</p>	<p>26</p> <p>CHICKEN PATTY ON A BUN BAKED POTATO WEDGES VEGGIE BLEND 4 BEAN SALAD</p>
<p>29</p> <p>SALMON PATTY WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES</p>	<p>30</p> <p>PEPPER STEAK ROASTED POTATOES CAULIFLOWER MANDARIN ORANGES  FRESH FRUIT (HDM)</p>	<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>		

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.