



# HELENA SENIOR NUTRITION MENU - MAY 2022

LUNCH SERVED AT 11:00

For more information call: (406) 447-1680



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>BEEF w/PEAS &amp; CARROTS IN A SAVORY BROWN SAUCE OVER GEMELLI PASTA CAULIFLOWER PICKLED BEETS SWEET PEACHES</p>	<p>3</p> <p>RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY FRESH FRUIT</p>	<p>4</p> <p>TATER TOT CASSEROLE CARROT COINS GREEN PEAS FRUIT CUP</p>	<p>5</p> <p>CITRUS BAKED COD w/FRESH LEMON RICE PILAF ZUCCHINI SQUASH COLESLAW APRICOTS</p>	<p>6</p> <p>MOTHER'S DAY DINNER BAKED ORANGE GLAZED HAM TWICE BAKED MASHED POTATOES HONEY GLAZED CARROTS DINNER ROLL FRESH FRUIT SALAD TRIPLE CHOCOLATE DRIZZLE BROWNIE ALA MODE</p>
<p>9</p> <p>MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS</p>	<p>10</p> <p>CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT</p>	<p>11</p> <p>ROAST TURKEY BREAD STUFFING MASHED POTATOES &amp; GRAVY BRUSSELS SPROUTS CRANBERRIES</p>	<p>12</p> <p>SWEET &amp; SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD w/GARBANZOS PLUMP PEACHES</p>	<p>13</p> <p>BIRTHDAY DINNER ITALIAN SAUSAGE IN CREAMY BASIL MUSTARD SAUCE OVER CAVATAPPI PASTA CAULIFLOWER GREEN BEANS MANDARIN ORANGES BIRTHDAY CAKE</p>
<p>16</p> <p>SPAGHETTI w/MEAT SAUCE GARTTI BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES</p>	<p>17</p> <p>BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL FRESH FRUIT</p>	<p>18</p> <p>TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE</p>	<p>19</p> <p>FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD</p>	<p>20</p> <p>CHILI CON CARNE CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS</p>
<p>23</p> <p>BEEF TACO SALAD w/REFRIED PINTO BEANS SERVED OVER TORTILLA CHIPS w/LETTUCE &amp; CHEESE MEXICAN CORN MANDARIN ORANGES</p>	<p>24</p> <p>PORK FRITTER PARMESAN OVER ROTINI NOODLES SAUTÉED GREENS CARROT COINS FRESH FRUIT</p>	<p>25</p> <p>HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES</p>	<p>26</p> <p>HOMEMADE HAM &amp; BEAN SOUP BUTTERMILK BISCUIT YELLOW &amp; GREEN ZUCCHINI COLESLAW PLUMP PLUMS</p>	<p>27</p> <p>CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES &amp; PEARS</p>
<p>30</p> <p>CLOSED</p> 	<p>31</p> <p>LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN CARROT COINS FRESH FRUIT</p>			<p><i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i></p> <p><b>Salad options are available for congregate dining</b></p>

WE DEPEND ON YOUR MEAL PAYMENT 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.