






HELENA/EAST HELENA DDC MENU

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

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Low fat milk served every day at congregate sites, and delivered 3 times a week to Home Delivered Meals (HDM) 	Congregate meals in Helena have a full salad bar unless otherwise stated.	1 SLOPPY JOES ON A BUN POTATO WEDGES BAKED BEANS SWEET PEACHES COLESLAW (HDM)	2 FISH PATTY W/TARTAR SCALLOPED POTATOES PEAS & CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES
5 HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS APRICOTS	6 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT (HDM)	7 CHICKEN NOODLE CASSEROLE MIXED VEGETABLES BROCCOLI SPEARS FRUIT CRISP	8 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH BLUSHING PEARS TOSSED GREEN SALAD W/GARBANZOS (HDM)	9 <u>THANKSGIVING/BIRTHDAY DINNER</u> ROAST TURKEY BREAD STUFFING POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES CAKE & ICE CREAM (NO SALAD BAR)
12 <u>VETERAN'S DAY</u> <u>CLOSED</u> 	13 PEPPER STEAK OVER SPIRAL NOODLES CAULIFLOWER MANDARIN ORANGES FRESH FRUIT (HDM)	14 CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	15 JODY'S MEATLOAF MASHED POTATOES W/GRAVY WHOLE GRAIN ROLL MIXED FRUIT CUP CARROT RAISIN SALAD (HDM)	16 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS
19 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE	20 HAMBURGER ON A BUN GOLDEN CORN BAKED BEANS FRESH FRUIT (HDM)	21 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES	22 <u>CLOSED THANKSGIVING</u> 	23 <u>CLOSED</u> 
26 BAKED COD W/TARTAR RICE PILAF STEAMED BROCCOLI ZUCCHINI SQUASH SWEET PEACHES	27 HAM & LENTIL SOUP WHOLE GRAIN ROLL CAULIFLOWER PICKLED BEETS FRESH FRUIT (HDM)	28 TATER TOT CASSEROLE CARROT COINS BEAN MEDLEY FRUIT CUP	29 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES JUICY PEARS COLESLAW (HDM)	30 CHICKEN ENCHILADAS MEXICAN RICE BLACK BEANS MIXED VEGGIES CINNAMON CHERRY APPLES

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.