





HELENA SENIOR CENTER MENU

SEPTEMBER 2020

For Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT	2 BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE	3 SLOPPY JOES ON A BUN POTATO WEDGES BAKED BEANS COLESLAW SWEET PEACHES	4 FISH PATTY w/TARTAR SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL FRUIT CRISP
7 CLOSED 	8 SEASONED ROAST PORK WITH SOUTHWEST SAUCE OVER SPANISH RICE GREEN BEANS ROASTED CORN FRESH FRUIT	9 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS PLUMP PEACHES	10 SWEDISH MEATBALLS EGG NOODLES WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS	11 BIRTHDAY DINNER SALMON LOIN WITH GARLIC PARMESAN CREAM SAUCE ROASTED POTATOES VEGGIE BLEND BAKED APPLES CAKE & ICE CREAM
14 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES MIXED VEGETABLES GREEN BEANS SWEET PEACHES	15 PEPPER STEAK ROASTED POTATOES CAULIFLOWER GREEN PEAS FRESH FRUIT	16 CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	17 MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL CARROT RAISIN SALAD MIXED FRUIT CUP	18 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS
21 HONEY ALMOND CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES	22 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT	23 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES	24 TURKEY TETRAZZINI GREEN PEAS TOSSED GREENS w/BEANS WHOLE GRAIN BREAD BLUSHING PEARS	25 BEEF STROGANOFF BROWN RICE MIXED VEGETABLES PICKLED BEETS PINEAPPLE
28 LASAGNA CASSEROLE GARLIC BREAD CAULIFLOWER PICKLED BEETS SWEET PEACHES	29 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES JUICY PEARS FRESH FRUIT	30 TATER TOT CASSEROLE CARROT COINS BEAN MEDLEY FRUIT CUP		

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.