

HELENA SENIOR NUTRITION MENU - MARCH 2026

For Additional Information Call: (406) 447-1680

Lunch served from 11:30–12:30

*This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>MOCK CHOP SUEY BROWN RICE CAULIFLOWER & PEAS COLESLAW FRUIT COCKTAIL</p>	<p>3</p> <p>CHICKEN BALI Over RIGATONI PASTA CAPRI VEGETABLES PICKLED BEETS CINNAMON CHERRY APPLES</p>	<p>4</p> <p>BISCUITS & SAUSAGE GRAVY POTATO WEDGES BAHAMA VEGGIES FRUIT SALAD</p>	<p>5</p> <p>BREADED BAKED COD w/TARTAR RICE PILAF ZUCCHINI SQUASH BEAN MEDLEY APRICOTS</p>	<p>6</p> <p>SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES</p>
<p>9</p> <p>CHICKEN NOODLE CASSEROLE SAN FRANCISCO VEGGIES GREEN SALAD w/GARBANZOS APRICOT HALVES</p>	<p>10</p> <p>MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS WHOLE GRAIN ROLL APPLESAUCE</p>	<p>11</p> <p>ROAST TURKEY STUFFING CASSEROLE SWEET CORN BRUSSELS SPROUTS TROPICAL FRUIT</p>	<p>12</p> <p>SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES LIMA BEANS PINEAPPLE</p>	<p>13</p> <p>BIRTHDAY DINNER CHICKEN FRIED STEAK MASHED POTATOES SAUTÉED GREENS WHOLE GRAIN ROLL PLUMP PEACHES BIRTHDAY CAKE</p>
<p>16</p> <p>CHILI CON CARNE CORN BREAD MEDITERRANEAN VEGGIES CARROT RAISIN SALAD APRICOTS</p>	<p>17</p> <p><u>ST PATRICK'S DAY DINNER</u> CORNED BEEF & CABBAGE POTATOES & CARROTS BLARNEY STONE ROLL  LUCKY PEARS GREEN VELVET CAKE</p>	<p>18</p> <p>TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE SWEET PEACHES</p>	<p>19</p> <p>BBQ PORK RIBS SWEET YAMS GREEN BEANS WHOLE GRAIN ROLL PINEAPPLE</p>	<p>20</p> <p>CITRUS BAKED TILAPIA WILD RICE CAULIFLOWER DICED BEETS FRUIT COCKTAIL</p>
<p>23</p> <p>HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT YELLOW & GREEN ZUCCHINI COLESLAW PINEAPPLE</p>	<p>24</p> <p>TATER TOT CASSEROLE CARROT COINS PURPLE BEETS SWEET PEARS</p>	<p>25</p> <p>HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES</p>	<p>26</p> <p>BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN JUICY PEACHES</p>	<p>27</p> <p>CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS APPLESAUCE</p>
<p>30</p> <p>SALISBURY STEAK SEASONED BROWN RICE SCANDINAVIAN VEGETABLES 4-BEANS & GREENS JUICY PEARS</p>	<p>31</p> <p>HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS BAKED APPLES</p>	<p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p> <p></p>	<p></p>	<p>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</p> <p></p>

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

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 \$10.00.