






HELENA/EAST HELENA DDC MENU

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

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>LOW FAT MILK IS SERVED EVERY DAY AT CONGREGATE SITES, AND DELIVERED EVERY MONDAY, WEDNESDAY AND FRIDAY TO HOME DELIVERED MEAL (HDM) CUSTOMERS</p>	<p>CONGREGATE MEALS IN HELENA HAVE A FULL SALAD BAR UNLESS OTHERWISE STATED.</p> 	<p>1 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES VEGETABLE BLEND 4 BEAN SALAD</p>
<p>4 SALMON PATTY SPIRAL NOODLES MIXED VEGETABLES GREEN BEANS SWEET PEACHES</p>	<p>5 PEPPER STEAK MASHED POTATOES CAULIFLOWER MANDARIN ORANGES FRESH FRUIT (HDM)</p>	<p>6 CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES</p>	<p>7 EGG & SAUSAGE STRATA FRENCH TOAST STICKS POTATO WEDGES CINNAMON CHERRY APPLES CARROT RAISIN SALAD (HDM)</p>	<p>8 <u>BIRTHDAY DINNER</u> RASPBERRY CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES JUICY PEARS CAKE & ICE CREAM (NO SALAD BAR)</p>
<p>11 BEEF & CHEESE ENCHILADAS REFRIED BEANS MIXED VEGETABLES PINEAPPLE</p>	<p>12 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT (HDM)</p>	<p>13 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES</p>	<p>14 TURKEY HASH OVER POTATOES SWEET PEAS WHOLE GRAIN BREAD BLUSHING PEARS TOSSED GREENS W/BEANS (HDM)</p>	<p>15 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS</p>
<p>18 CLOSED</p> 	<p>19 BAKED COD W/TARTAR RICE PILAF STEAMED BROCCOLI ZUCCHINI SQUASH FRESH FRUIT (HDM)</p>	<p>20 TATER TOT CASSEROLE CARROT COINS BEAN MEDLEY FRUIT CUP</p>	<p>21 LEMON PEPPER CHICKEN BUTTERED NOODLES CAPRI VEGETABLES CRANBERRIES COLESLAW (HDM)</p>	<p>22 MEATLOAF MASHED POTATOES W/GRAVY MIXED VEGGIES WHOLE GRAIN ROLL MIXED FRUIT CUP</p>
<p>25 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS</p>	<p>26 PORK STIR FRY WILD RICE VEGETABLE BLEND STEAMED CABBAGE FRESH FRUIT (HDM)</p>	<p>27 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES</p>	<p>28 SWEET & SOUR MEATBALLS (PINEAPPLE, PEPPERS) BROWN RICE ORIENTAL VEGETABLES PLUMP PEACHES GREEN SALAD W/GARBANZOS (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.