

HELENA/EAST HELENA DDC MENU

MARCH 2020-MEALS SERVED FROM 11:00 – 12:30
For Additional Information Call 447-1680 Helena

MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP	3 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)	4 OPEN FACE PORK SANDWICH W/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES	5 ZITI NOODLES W/MEATBALLS GARLIC BREAD GOLDEN CORN JUICY PEACHES CARROT RAISIN SALAD (HDM)	6 <u>BIRTHDAY DINNER</u> BREADED VEAL MASHED POTATOES W/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES CAKE & ICE CREAM *NO SALAD BAR*
9 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	10 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE FRESH FRUIT (HDM)	11 CAPRESE CHICKEN BREAST BUTTERED ROTINI CREAMED SPINACH CARROT COINS PINEAPPLE	12 POTATO, VEGGIE & CHEESE EGG BAKE VEGETABLE MIX WHOLE GRAIN ROLL SWEET PEACHES TOSSED GREEN SALAD W/BEANS (HDM)	13 <u>ST PATRICK'S DAY</u> CORNED BEEF & CABBAGE POTATOES & CARROTS BLARNEY STONE ROLL GOLDEN PEARS GREEN DREAM JELLO SALAD
16 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS MANDARIN ORANGES	17 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT (HDM)	18 BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE	19 SLOPPY JOES ON A BUN POTATO WEDGES BAKED BEANS SWEET PEACHES COLESLAW (HDM)	20 <u>CLOSED</u> ALL STAFF MEETING 
23 HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS APRICOTS	24 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT (HDM)	25 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP	26 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH BLUSHING PEARS TOSSED GREEN SALAD W/GARBANZOS (HDM)	27 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES VEGGIE BLEND 4 BEAN SALAD
30 SALMON LOIN W/ CREAMY DILL MUSTARD SAUCE WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES	31 PEPPER STEAK ROASTED POTATOES CAULIFLOWER MANDARIN ORANGES FRESH FRUIT (HDM)	<i>Low fat milk is served daily in the Daily Dinner Club and delivered on Monday, Wednesday and Friday to Home Delivered Meals (HDM).</i>	Congregate meals in Helena have a full salad bar unless otherwise stated. 	

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.