




HELENA/EAST HELENA DDC MENU

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

For Additional Information Call 447-1680 Helena

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SPAGHETTI w/MEAT SAUCE (tomatoes & mushrooms) GARLIC BREAD BROCCOLI SPEARS DICED BEETS MANDARIN ORANGES	3 BBQ PORK RIBS SWEET YAMS MIXED VEGETABLES w/BEANS WHOLE GRAIN ROLL APPLESAUCE FRESH FRUIT (HDM)	4 CHILI WITH BEANS ONIONS & GRATED CHEESE CORN BREAD PARSLEY CARROTS GOLDEN CORN BLUSHING PEARS	5 BREADED FISH w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD (HDM)	6 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES STEAMED CABBAGE SWEET PEACHES
9 CHEESEBURGER ON A BUN POTATO TRIANGLES BAKED BEANS PACIFIC VEGGIES APPLESAUCE	10 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT PARSLEY CARROTS PINEAPPLE FRESH FRUIT (HDM)	11 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI WHOLE GRAIN ROLL CRANBERRIES	12 VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI PLUMP PLUMS 4-BEANS & GREENS (HDM)	13 BIRTHDAY DINNER MEDITERRANEAN CHICKEN w/TOMATOES, ZUCCHINI & OLIVES RICE PILAF GREEN BEANS SWEET PEACHES CAKE & ICE CREAM -NO SALAD BAR-
16 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES SWEET PEACHES	17 LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN PINEAPPLE FRESH FRUIT (HDM)	18 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES	19 HAM & SCALLOPED POTATOES GARDEN PEAS WHOLE GRAIN BREAD/ROLL MANDARIN ORANGES COLESLAW (HDM)	20 SALISBURY STEAK STEAMED BROWN RICE MIXED VEGETABLES PICKLED BEETS MIXED FRUIT CUP
23 BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN PINEAPPLE	24 CHICKEN PATTY ON A BUN POTATO TRIANGLES PEAS & CARROTS PLUMP PEACHES FRESH FRUIT (HDM)	25 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES	26 HAMBURGER & SPANISH RICE JUMBLE w/TOMATO & PEPPERS CORN & BEAN MEDLEY GOLDEN PEARS FRUITED JELLO (HDM)	27 <u>CLOSED</u> ALL STAFF TRAINING
30 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSEL SPROUTS FRUIT CUP	Low fat milk is served every day at congregate sites and delivered every Monday, Wednesday and Friday to home delivered meals (HDM).	Congregate meals in Helena have a full salad bar unless otherwise stated. 		

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.