







HELENA DDC MENU NOVEMBER 2019

MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Low fat milk served every day at congregate sites, and delivered 3 times a week to Home Delivered Meals (HDM)</p> 	<p>Congregate meals in Helena have a full salad bar unless otherwise stated.</p>		<p>1 BISCUITS & SAUSAGE GRAVY POTATO WEDGES MIXED VEGGIES CINNAMON CHERRY APPLES</p>
<p>4 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES</p>	<p>5 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS</p> <p>FRESH FRUIT (HDM)</p>	<p>6 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS</p>	<p>7 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MANDARIN ORANGES</p> <p>GREEN SALAD w/GARBANZOS (HDM)</p>	<p>8 <u>BIRTHDAY DINNER</u> SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES PICKLED BEETS PLUMP PEACHES CAKE & ICE CREAM (NO SALAD BAR)</p>
<p>11 <u>VETERAN'S DAY</u> CLOSED</p> 	<p>12 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL</p> <p>FRESH FRUIT (HDM)</p>	<p>13 CHILI CON CARNE CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS</p>	<p>14 FISH PATTY ON A BUN GARDEN PEAS CAULIFLOWER</p> <p>CARROT RAISIN SALAD (HDM)</p>	<p>15 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE</p>
<p>18 BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES</p>	<p>19 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT SAUTÉED GREENS CARROT COINS</p> <p>FRESH FRUIT (HDM)</p>	<p>20 <u>THANKSGIVING DINNER</u> ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES PUMPKIN PIE</p>	<p>21 VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI PLUMP PLUMS</p> <p>4-BEANS & GREENS (HDM)</p>	<p>22 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS</p>
<p>25 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES JUICY PEACHES</p>	<p>26 LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN PINEAPPLE</p> <p>FRESH FRUIT (HDM)</p>	<p>27 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES</p>	<p>28 <u>CLOSED</u></p> 	<p>29 <u>CLOSED</u></p> 

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.