





HELENA SENIOR NUTRITION MENU - MAY 2021

MEALS SERVED FROM 11:00 – 11:45

RESERVATIONS REQUIRED - Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	4 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE FRESH FRUIT	5 PARMESAN CHICKEN BREAST BUTTERED ROTINI CREAMED SPINACH CARROT COINS PINEAPPLE	6 POTATO, VEGGIE & CHEESE EGG BAKE WHOLE GRAIN ROLL TOSSED GREEN SALAD w/BEANS SWEET PEACHES	7 <u>MOTHER'S DAY DINNER</u> TUSCAN CHICKEN FETTUCCINI PASTA BROCCOLI SPEARS PICKLED BEETS, SPICED APPLES BUTTERMILK STRAWBERRY SHORTCAKE
10 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS	11 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT	12 BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESauce	13 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES	14 <u>BIRTHDAY DINNER</u> FISH PATTY w/TARTAR SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES BIRTHDAY CAKE
17 HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS APRICOTS	18 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT	19 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP	20 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS	21 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES VEGGIE BLEND BAKED APPLES
24 SALMON PATTY WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES	25 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD MANDARIN ORANGES FRESH FRUIT	26 CHICKEN ENCHILADA CASSEROLE SPANISH RICE COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	27 HEARTY MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL CARROT RAISIN SALAD MIXED FRUIT CUP	28 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS
31 CLOSED 				<i>Low-fat milk is served daily</i>

WE DEPEND ON YOUR MEAL PAYMENT 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.