




# HELENA SENIOR NUTRITION MENU - DECEMBER 2020

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT	<b>2</b> TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP	<b>3</b> SWEDISH MEATBALLS BROWN RICE WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS	<b>4</b> CHICKEN PATTY ON A BUN BAKED POTATO WEDGES VEGGIE BLEND BAKED APPLES
<b>7</b> SALMON PATTY WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES	<b>8</b> PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN ROLL FRESH FRUIT	<b>9</b> CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	<b>10</b> MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL CARROT RAISIN SALAD MIXED FRUIT CUP	<b>11</b> <u>BIRTHDAY DINNER</u> ROASTED PORK w/ONION GRAVY SWEET CORN CARROT COINS GOLDEN PEARS BIRTHDAY CAKE
<b>14</b> LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES	<b>15</b> HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT	<b>16</b> PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES	<b>17</b> TURKEY HASH OVER POTATOES SWEET PEAS TOSSED GREENS w/BEANS WHOLE GRAIN BREAD BLUSHING PEARS	<b>18</b> BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE
<b>21</b> MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES	<b>22</b> RASPBERRY CHICKEN BUTTERED NOODLES CAPRI VEGETABLES SWEET YAMS FRESH FRUIT	<b>23</b> BAKED HAM w/APPLE CRANBERRY CHUTNEY CARROT COINS BEAN MEDLEY DINNER ROLL HOT CARAMEL APPLE PIE	<b>24</b> <u>CLOSED</u> 	<b>25</b> <u>CLOSED</u> 
<b>28</b> MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	<b>29</b> CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT	<b>30</b> ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES	<b>31</b> SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD PLUMP PEACHES	Low fat milk is delivered daily with Home Delivered Meals

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.**