

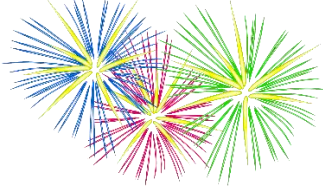

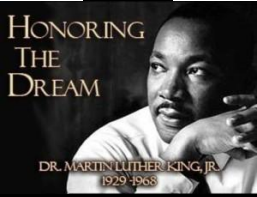


HELENA SENIOR CENTER MENU

JANUARY 2021

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Low fat milk is delivered daily to Home Delivered Meal customers</i>			1 <u>CLOSED</u> 
4 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES	5 CHILI CON CARNE CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS	6 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE	7 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD	8 <u>BIRTHDAY DINNER</u> BBQ COUNTRY STYLE RIBS ROASTED CORN BAKED BEAN POTATO SALAD WHOLE GRAIN ROLL BIRTHDAY CAKE
11 BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES	12 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT SAUTÉED GREENS CARROT COINS FRESH FRUIT	13 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES	14 VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI 4-BEANS & GREENS PLUMP PLUMS	15 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS
18 <u>CLOSED</u> 	19 CHEESEBURGER MACARONI GOLDEN CORN SPICED APPLES FRESH FRUIT	20 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES	21 SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY COLESLAW MIXED FRUIT CUP	22 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS MANDARIN ORANGES
25 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES	26 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES FRESH FRUIT	27 CHICKEN ALFREDO w/ROASTED PEPPERS & ONION BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES	28 HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO	29 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES APRICOTS

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.