

# HELENA SENIOR NUTRITION MENU - MAY 2026



LUNCH SERVED FROM 11:30-12:30

For reservations call: (406) 447-1680

\*This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i></p> <p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p>				<p>1 LEMON PEPPER TILAPIA SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL SWEET PEACHES</p>
<p>4 SWEET-N-SOUR PORK STEAMED WHITE RICE CARROT COINS TOSSED GREEN SALAD w/GARBANZOS PINEAPPLE</p>	<p>5 BEEF GOULASH GREEN PEAS PICKLED BEETS FRUIT CRISP</p>	<p>6 TURKEY NOODLE CASSEROLE ITALIAN VEGETABLES BRUSSELS SPROUTS APRICOTS</p>	<p>7 SWEDISH MEATBALLS EGG NOODLES WINTER SQUASH GREEN BEANS BLUSHING PEARS</p>	<p>8 <u>BIRTHDAY/MOTHER'S DAY DINNER</u> CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY GARDEN BLEND VEGETABLES WHOLE GRAIN ROLL MANDARIN ORANGES BIRTHDAY CAKE</p>
<p>11 CHILI DOG ON A BUN SWEET CORN CARROT RAISIN SALAD PURPLE PLUMS</p>	<p>12 HEARTY MEATLOAF MASHED POTATOES w/GRAVY COUNTRY BLEND VEGGIES WHOLE GRAIN ROLL GOLDEN PEARS</p>	<p>13 PARMESAN CHICKEN BREAST BUTTERED ROTINI CARROT COINS FOUR BEAN SALAD CRANBERRIES</p>	<p>14 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD FRUIT COCKTAIL</p>	<p>15 SALMON PATTY WILD RICE CALIFORNIA VEGETABLES GREEN BEANS SWEET PEACHES</p>
<p>18 BEEF STROGANOFF EGG NOODLES PICKLED BEETS TOSSED SALAD w/BEANS BLUSHING PEARS</p>	<p>19 LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES APRICOTS</p>	<p>20 HAMBURGER ON A BUN CARROT COINS BAKED BEANS MANDARIN ORANGES</p>	<p>21 PORK CHOPS-N-GRAVY MASHED POTATOES CABBAGE &amp; CARROTS WHOLE WHEAT ROLL APPLESAUCE</p>	<p>22 KFC BOWL POPCORN CHICKEN CORN, CHEDDAR CHEESE &amp; GRAVY OVER MASHED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE</p>
<p>25 <u>CLOSED</u></p>	<p>26 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES PICKLED BEETS CINNAMON CHERRY APPLES</p>	<p>27 BISCUITS &amp; SAUSAGE GRAVY POTATO WEDGES BAHAMA VEGGIES SWEET PEACHES</p>	<p>28 BAKED COD w/TARTAR RICE PILAF ZUCCHINI SQUASH BEAN MEDLEY APRICOTS</p>	<p>29 CHICKEN FRIED CHICKEN MASHED POTATOES SAUTÉED GREENS WHOLE GRAIN ROLL FRUIT SALAD</p>

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION.  
 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 \$10.00.