

HELENA SENIOR NUTRITION MENU - APRIL 2026

LUNCH SERVED AT 11:30-12:30

For Additional Information 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 BEEF BROCCOLI OVER STEAMED RICE GOLDEN CORN CARROT COINS APRICOT HALVES</p>	<p>2 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL FRUIT COCKTAIL</p>	<p>3 SALMON PATTY ON A BUN KEY LARGO VEGGIES SWEET POTATOES JUICY PEACHES</p>
<p>6 CHEESEBURGER ON A BUN POTATO WEDGES PACIFIC VEGGIES FRUITED JELLO</p>	<p>7 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES SPRING VEGETABLE MIX PINEAPPLE</p>	<p>8 BEEF TAMALE PIE REFRIED BEANS SPANISH CAULIFLOWER APRICOTS</p>	<p>9 TUSCAN CHICKEN FRESH LINGUINE PASTA GARDEN PEAS DICED BEETS PEACHES</p>	<p>10 <u>BIRTHDAY DINNER</u> PINEAPPLE GINGER PORK LOIN STEAMED WHITE RICE ROASTED BROCCOLI GLAZED CARROTS TROPICAL FRUIT BIRTHDAY CAKE</p>
<p>13 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES</p>	<p>14 ORANGE CHICKEN BROWN RICE BROCCOLI & CAULIFLOWER GREEN PEAS JUICY PEARS</p>	<p>15 BEEF-N-NOODLES CARROT COINS PICKLED BEETS PINEAPPLE</p>	<p>16 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES THREE BEAN SALAD BAKED CRAN-APPLES</p>	<p>17 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT COCKTAIL</p>
<p>20 MONTANA PASTY w/GRAVY WINTER VEGETABLES GREEN SALAD w/BEANS WHOLE GRAIN ROLL APRICOT HALVES</p>	<p>21 POTATO, VEGGIE & CHEESE SAUSAGE EGG BAKE PACIFIC VEGETABLES WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>22 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE</p>	<p>23 CHICKEN A LA KING BUTTERMILK BISCUITS GARDEN PEAS CARROT COINS FRUIT COCKTAIL</p>	<p>24 <u>CLOSED</u> STAFF TRAINING</p> 
<p>27 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW MANDARIN ORANGES</p>	<p>28 OVEN BAKED CHICKEN w/HERB SAUCE WILD RICE PILAF SWEET YAMS GREEN BEANS CRANBERRIES</p>	<p>29 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER JUICY PEARS</p>	<p>30 BAKED HAM MACARONI & CHEESE COUNTRY VEGETABLES GARDEN PEAS CINNAMON APPLESAUCE</p>	 <p><i>April Showers Bring May Flowers</i></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.