

## Helen's House Features

### Dinners include your choice of any two of the following:

French fries, homemade potato salad, hash browns, mashed potatoes, baked potato, mini potato pancakes, coleslaw, lettuce salad, vegetable of the day, applesauce, cottage cheese or cup of soup. Add a third item - 1.39 extra.

#### POT ROAST

Tender chunks of roast beef topped with rich brown gravy 9.69

#### GRILLED HAM STEAK 9.49

#### PORK TENDERLOIN

Two breaded tenderloins topped with gravy 9.69

#### GRILLED LIVER & ONIONS 8.59

#### COUNTRY FRIED STEAK

Beef steak fried golden brown and topped with our own country style gravy 9.29

## Seafood Selections

#### FISH FILLETS

Three fillets with tartar sauce 9.39

#### BAKED FISH

8 oz. baked cod loins 9.39

#### CLAM STRIPS

Breaded & deep-fried 8.79

#### TILAPIA FILLET

Garlic & herb crusted 8.79

#### APPLEWOOD SMOKED SALMON

One fillet with dill sauce 9.49

#### BREADED COCONUT SHRIMP 9.49

## Chicken Selections

#### BROASTED CHICKEN (Please allow extra time)

Not available Friday after 4:30pm

1/4 Chicken 7.29 ... 1/2 Chicken 9.19

#### GRILLED CHICKEN BREAST

One Fillet 7.79



#### CHICKEN TENDERS

Four strips of tender chicken breast; served with choice of dipping sauce 7.99

#### SMOTHERED CHICKEN FILLET

Grilled chicken fillet smothered with grilled onions, green peppers, mushrooms, provolone & cheddar cheese 9.09



## For The Smaller Appetite

For the lighter appetite. **Dinners include your choice of any two of the following:** French fries, homemade potato salad, hash browns, mashed potatoes, mini potato pancakes, coleslaw, lettuce salad, vegetable of the day, applesauce, cottage cheese or cup of soup. Baked potato - 40¢ extra. Add a third item - 1.39 extra.

#### GRILLED LIVER & ONIONS 6.29

#### BAKED FISH

4 oz. baked cod loin 7.39

#### FISH FILLETS

Two deep-fried fish fillets with tartar sauce 7.39

#### POT ROAST

Tender chunks of roast beef topped with rich brown gravy 7.49

#### PORK TENDERLOIN

One breaded tenderloin topped with gravy 6.69

#### BROASTED CHICKEN BREAST

Not available Friday after 4:30pm 6.29

#### CHICKEN TENDERS

Two strips of tender chicken breast; served with your choice of dipping sauce 6.29



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