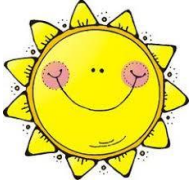

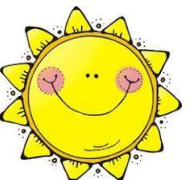



Whitehall Senior Center Menu

August 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CHICKEN NOODLE CASSEROLE GREEN BEANS TOSSED SALAD SWEET PEACHES	4 SWEDISH MEATBALLS ROTINI NOODLES STEAMED CARROTS GARDEN PEAS MIXED FRUIT	5 BBQ RIBS BAKED BEANS CRISP COLESLAW FRESH BAKED BISCUIT BAKED APPLES	6 TAMALES MIXED VEGETABLES FOUR BEAN SALAD PINEAPPLE	7 EGGS & SAUSAGE CARROT RAISIN SALAD FRESH FRUIT CINNAMON ROLL FRUIT JUICE
10 SWEET-N-SOUR PORK BROWN RICE BROCCOLI SPEARS DINNER SALAD PLUMP PEACHES	11 WANDA'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL APPLESAUCE	12 BAKED COD STEAMED CARROTS TOSSED SALAD WHOLE GRAIN ROLL GOLDEN PEARS	13 BEEF TACO LETTUCE/TOMATO/SALSA REFRIED BEANS FRUIT SALAD	14 PARMESAN CHICKEN WILD RICE CAPRI VEGETABLES GARDEN SALAD PINEAPPLE DESSERT
17 SLOPPY JOE ON A BUN BAKED BEANS COLESLAW APPLESAUCE	18 BREADED VEAL MASHED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PURPLE PLUMS	19 CHICKEN ALFREDO OVER NOODLES CAPRI VEGETABLES FOUR BEAN SALAD APRICOT HALVES	20 BAKED HAM SCALLOPED POTATOES GREEN BEANS WHOLE GRAIN ROLL SPICED APPLES	21 BIRTHDAY DINNER ROASTED TURKEY BREAD STUFFING SWEET POTATOES GARDEN SALAD CRANBERRIES CAKE & ICE CREAM
24 BBQ MEATBALLS ROTINI NOODLES GREEN PEAS GARDEN SALAD GOLDEN PEARS	25 ORANGE CHICKEN BROWN RICE BROCCOLI & CAULIFLOWER CARROT COINS FRESH FRUIT	26 COTTAGE PIE WILTED SPINACH WHOLE GRAIN ROLL SWEET PEACHES	27 GREEN CHILI PORK CASSEROLE SWEET CORN VEGGIE SALAD w/BEANS APPLESAUCE	28 CHICKEN NOODLE SOUP PICKLED BEETS TOSSED SALAD FRUIT SALAD DESSERT
31 BEEF LASAGNA GARLIC TOAST GOLDEN CORN TOSSED SALAD w/BEANS MIXED FRUIT				

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.