

Whitehall Senior Center Menu - JANUARY 2019

FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 <u>CLOSED</u></p> 	<p>2 FISH PATTIES ON A BUN SCALLOPED POTATOES STEAMED CARROTS BEAN SALAD AMBROSIA</p>	<p>3 OVEN CHICKEN BREAD STUFFING GREEN BEANS RAMEN COLESLAW SWEET PEACHES</p>	<p>4 <u>RED HAT DAY 11AM</u> SAUSAGE PATTIES SCRAMBLED EGGS HASH BROWNS CINNAMON ROLLS FRUIT & JUICE</p>
<p>7 CHILI CON CARNE FRESH BAKED BISCUITS GOLDEN CORN TOSSED SALAD JUICY PEARS</p>	<p>8 PORK ROAST SCALLOPED POTATOES GREEN PEAS COLESLAW APPLESAUCE YOGURT PARFAIT</p>	<p>9 ORANGE CHICKEN MASHED POTATOES MIXED VEGGIES PEA SALAD PEACHES</p>	<p>10 BEEF TACOS LETTUCE & TOMATOES REFRIED BEANS SPANISH RICE BAKED APPLES</p>	<p>11 KIELBASA POTATOES, CARROTS & ONIONS WHOLE GRAIN ROLL MIXED FRUIT BLUEBERRY PIE</p>
<p>14 PORK STEW FRESH BAKED BISCUITS SWEET CORN QUICK CUCUMBERS PLUMP PEACHES</p>	<p>15 CHICKEN PATTY ON A BUN WILTED SPINACH TREASURE BROCCOLI SALAD GOLDEN PEARS BUTTERSCOTCH PUDDING</p>	<p>16 WANDA'S MEATLOAF MASHED POTATOES MIXED VEGGIES CARROT RAISIN SALAD CRANBERRIES</p>	<p>17 PORK STROGANOFF OVER NOODLES GREEN PEAS TOSSED SALAD W/BEANS BAKED APPLES</p>	<p>18 <u>BIRTHDAY DINNER</u> CHICKEN FRIED STEAK MASHED POTATOES SMOTHERED GREEN BEANS FROG EYE SALAD WHOLE GRAIN ROLL CAKE & ICE CREAM</p>
<p>21 <u>CLOSED</u></p> 	<p>22 PORK ROAST W/SAUERKRAUT CARROT COINS BEAN SALAD APPLESAUCE CARROT CAKE</p>	<p>23 CHICKEN OVER RICE SWEET CORN BROCCOLI SALAD FRUIT COCKTAIL</p>	<p>24 HAM & SCALLOPED POTATOES DUTCH BEETS MACARONI SALAD JUICY PEARS OATMEAL CRISPS</p>	<p>25 COOK'S CHOICE ENTREE GREEN PEAS FRESH SALAD SWEET PEACHES</p>
<p>28 BEEF STROGANOFF OVER NOODLES GREEN BEANS TOSSED SALAD W/BEANS PINEAPPLE</p>	<p>29 CHICKEN POT PIE BRUSSELS SPROUTS NOODLE SALAD BAKED APPLES LEMON PUDDING</p>	<p>30 HAMBURGER STEAK MASHED POTATOES STEAMED CARROTS CRISP COLESLAW PLUMP PEACHES</p>	<p>31 SWEET-N-SOUR PORK BROWN RICE GOLDEN CORN BROCCOLI SLAW MANDARIN ORANGES</p>	

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.

MEALS ARE SERVED WITH LOW FAT MILK, COFFEE, TEA & LEMONADE.