

# Whitehall Senior Center Menu July 2019

FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>COTTAGE PIE WILTED SPINACH FOUR BEAN SALAD WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>2</p> <p>TERIYAKI CHICKEN ROTINI NOODLES BROCCOLI &amp; CAULIFLOWER CARROT COINS MANDARIN ORANGES</p>	<p>3</p> <p>HAMBURGERS ON A BUN SWEET CORN GARDEN SALAD FRESH FRUIT DESSERT</p>	<p>4</p> <p><u>CLOSED</u></p> 	<p>5</p> <p><u>CLOSED</u></p> 
<p>8</p> <p>BEEF LASAGNA GOLDEN CORN TOSSED SALAD w/BEANS MIXED FRUIT</p>	<p>9</p> <p>PORK BITS IN GRAVY BROWN RICE GREEN BEANS DICED BEETS SWEET PEACHES</p>	<p>10</p> <p>FISH PATTY ON A BUN HERBED CARROTS COLESLAW APRICOT HALVES</p>	<p>11</p> <p>CHICKEN FAJITAS MEXICAN BEANS MIXED VEGGIES ZESTY PINEAPPLE</p>	<p>12</p> <p><u>RED HAT DAY BRUNCH – 11:00</u> EGGS w/HAM VEGGIE SALAD FRESH FRUIT CINNAMON ROLL APPLE JUICE</p>
<p>15</p> <p>TURKEY CORDON BLEU BREAD STUFFING SWEET POTATO GREEN BEANS CRANBERRIES</p>	<p>16</p> <p>RIBS w/SAUERKRAUT STEAMED CARROTS FOUR BEAN MEDLEY WHOLE GRAIN ROLL FRUIT SALAD</p>	<p>17</p> <p>SALISBURY STEAK MASHED POTATOES SUMMER SQUASH WHOLE GRAIN ROLL PURPLE PLUMS</p>	<p>18</p> <p>SWEET-N-SOUR CHICKEN WILD RICE ORIENTAL VEGETABLES GARDEN SALAD MANDARIN ORANGES</p>	<p>19</p> <p>BIRTHDAY DINNER MONTANA PASTIES MIXED VEGGIES TOSSED SALAD BAKED APPLES CAKE &amp; ICE CREAM</p>
<p>22</p> <p>HAMBURGER GRAVY OVER EGG NOODLES GARDEN PEAS CARROT RAISIN SALAD GOLDEN PEARS</p>	<p>23</p> <p>CHICKEN CACCIATORE OVER RICE MUSHROOM SOUP BRUSSELS SPROUTS APRICOT HALVES</p>	<p>24</p> <p>BBQ PORK ON A BUN BAKED BEANS COLESLAW PINEAPPLE</p>	<p>25</p> <p>BURRITO BAKE LETTUCE, TOMATO, SALSA MEXICAN CORN SWEET PEACHES</p>	<p>26</p> <p>RASPBERRY CHICKEN GREEN BEANS GARDEN SALAD MIXED FRUIT WHOLE GRAIN ROLL DESSERT</p>
<p>29</p> <p>TUNA SQUARES BUTTERED NOODLES GREEN PEAS TOSSED SALAD JUICY PEARS</p>	<p>30</p> <p>BEEF POT PIE DICED BEETS MIXED VEGETABLES SPICED APPLES</p>	<p>31</p> <p>PARMESAN CHICKEN WILD RICE BROCCOLI &amp; CAULIFLOWER FOUR BEAN SALAD MANDARIN ORANGES</p>		

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, R.D.N.  
**MEALS ARE SERVED WITH LOW FAT MILK, COFFEE, TEA & LEMONADE.**