

WHITEHALL SENIOR CENTER MENU OCTOBER 2018

For Additional Information call 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SPAGHETTI W/MEAT SAUCE GARLIC BREAD GREEN PEAS TOSSED SALAD SWEET PEACHES	2 BAKED CHICKEN OVER RICE STEAMED CARROTS FALL HARVEST BEAN SALAD APRICOT HALVES VANILLA PUDDING	3 HAMBURGER STEAKS MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL WALDORF SALAD	4 TUNA PATTIES MAC & CHEESE BAKED BEANS MIXED VEGGIES BAKED APPLES	5 <u>RED HAT DAY BRUNCH 11:00</u> 4 CHEESE QUICHE CRISPY BACON HASH BROWNS CINNAMON ROLLS SALAD BAR FRUIT JUICE
8 ROASTED CHICKEN SCALLOPED POTATOES CAULIFLOWER COLESLAW CRANBERRIES	9 GOULASH GARLIC TOAST MIXED VEGGIES 4 BEAN SALAD FRUIT COCKTAIL	10 PORK STEW FRESH BAKED BISCUITS WILTED SPINACH BAKED APPLES CHOCOLATE PUDDING	11 BEEF TACOS SPANISH RICE REFRIED BEANS LETTUCE & TOMATOES MANDARIN ORANGES	12 <u>OCTOBERFEST</u> GERMAN BRATS SAUERKRAUT CARROT COINS POTATO SALAD APPLE STRUDEL
15 PORK STROGANOFF OVER NOODLES GOLDEN CORN GARDEN SALAD CRANBERRIES	16 CHICKEN ALFREDO OVER NOODLES MIXED VEGGIES BROCCOLI SLAW PLUMP PEACHES CUSTARD	17 SWEET-N-SOUR HAM BROWN RICE CAULIFLOWER GREEN BEANS MANDARIN ORANGES	18 ITALIAN LASAGNA GARLIC BREAD GARDEN PEAS TOSSED SALAD W/BEANS BLUSHING PEARS	19 HOBO STEW FRESH BAKED BISCUITS CUKE SALAD PINEAPPLE OATMEAL CAKE
22 CHILI CON CARNE BISCUITS SWEET CORN TOSSED SALAD PEACHES	23 BAKED COD ALFREDO NOODLES GREEN BEANS FRUIT TOSS SALAD 4 BERRY PIE	24 PORK ROAST SCALLOPED POTATOES BAKED BEANS BRUSSELS SPROUTS APPLESAUCE	25 CHICKEN POT PIE CAULIFLOWER GARDEN SALAD APRICOTS	26 <u>BIRTHDAY DINNER</u> BREADED VEAL MASHED POTATOES GOLDEN CORN FRUIT SALAD CAKE & ICE CREAM
29 BBQ PORK ON A BUN SWEET POTATO FRIES TOSSED SALAD PINEAPPLE	30 SALISBURY STEAK MASHED POTATOES STEAMED CARROTS HARVEST SALAD BANANA CREAM PIE	31 SWEET-N-SOUR CHICKEN BROWN RICE STIR FRY VEGGIES 4 BEAN SALAD MANDARIN ORANGES SPIDER CUPCAKES		

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, Juice, Whole Grain Bread and Margarine.