


WHITEHALL SENIOR CENTER MENU OCTOBER 2019

For Additional Information call 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 PORK BITS IN GRAVY BROWN RICE GREEN BEANS GARDEN SALAD SWEET PEACHES	2 BEEF STEW FRESH BAKED BISCUIT CARROT RAISIN SALAD GOLDEN PEARS	3 CHICKEN ENCHILADA REFRIED BEANS MIXED VEGGIES (MEXICAN) ZESTY PINEAPPLE	4 <u>RED HAT DAY BRUNCH</u> EGGS w/HAM VEGGIE SALAD FRESH FRUIT CINNAMON ROLL APPLE JUICE
7 TURKEY CORDON BLEU BREAD STUFFING SWEET POTATO GREEN BEANS CRANBERRIES	8 RIBS w/SAUERKRAUT STEAMED CARROTS FOUR BEAN MEDLEY WHOLE GRAIN ROLL FRUIT SALAD	9 SALISBURY STEAK MASHED POTATOES ZUCCHINI MIX WHOLE GRAIN ROLL PURPLE PLUMS	10 SWEET-N-SOUR CHICKEN WILD RICE ORIENTAL VEGETABLES GARDEN SALAD MANDARIN ORANGES	11 POLISH SAUSAGE ON A BUN POTATO TRIANGLES COLESLAW APRICOT HALVES DESSERT
14 HAMBURGER GRAVY OVER EGG NOODLES GARDEN PEAS CARROT RAISIN SALAD GOLDEN PEARS	15 BBQ PORK ON A BUN BAKED BEANS COLESLAW PINEAPPLE	16 BAKED CHICKEN RICE PILAF WINTER SQUASH BRUSSELS SPROUTS APRICOT HALVES	17 BURRITO BAKE MEXICAN CORN LETTUCE, TOMATO, SALSA SWEET PEACHES	18 <u>BIRTHDAY DINNER</u> PORK CHOPS & STUFFING MIXED VEGGIES TOSSED SALAD BAKED APPLES CAKE & ICE CREAM
21 FISH PATTIES BUTTERED NOODLES GREEN PEAS TOSSED SALAD JUICY PEARS	22 BEEF POT PIE DICED BEETS MIXED VEGETABLES SPICED APPLES	23 LEMON PEPPER CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD MANDARIN ORANGES	24 BEEF GOULASH w/NOODLES GREEN BEANS GARDEN SALAD SWEET PEACHES	25 COOK'S CHOICE ENTRÉE STEAMED POTATOES WILTED SPINACH WHOLE GRAIN ROLL FRUIT SALAD DESSERT
28 PORK CASSEROLE GREEN BEANS GOLDEN CORN APRICOT HALVES	29 HAMBURGER ON A BUN POTATO TRIANGLES SALAD w/BEANS APPLESAUCE	30 CHICKEN TACOS LETTUCE/TOMATO/SALSA MEXICAN BEANS MIXED FRUIT	31 <u>HALLOWEEN</u> SWEET-N-SOUR MEATBALLS BROWN RICE BROCCOLI SPEARS CARROT RAISIN SALAD PINEAPPLE	

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.