



Whitehall Senior Center Menu - September 2019

FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><u>CLOSED</u></p> 	<p>3</p> <p>SWEDISH MEATBALLS ROTINI NOODLES STEAMED CARROTS GARDEN PEAS MIXED FRUIT</p>	<p>4</p> <p>BBQ RIBS BAKED BEANS CRISP COLESLAW FRESH BAKED BISCUIT BAKED APPLES</p>	<p>5</p> <p>TAMALE PIE MIXED VEGETABLES FOUR BEAN SALAD PINEAPPLE</p>	<p>6</p> <p><u>RED HAT DAY BRUNCH 11:00</u> EGGS & SAUSAGE CARROT RAISIN SALAD FRESH FRUIT CINNAMON ROLL FRUIT JUICE</p>
<p>9</p> <p>SWEET-N-SOUR PORK BROWN RICE BROCCOLI SPEARS DINNER SALAD SWEET PEACHES</p>	<p>10</p> <p>WANDA'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL JUICY PEARS</p>	<p>11</p> <p>BAKED COD STEAMED CARROTS TOSSED SALAD WHOLE GRAIN ROLL MANDARIN ORANGES</p>	<p>12</p> <p>BEEF TACO LETTUCE/TOMATO/SALSA REFRIED BEANS FRUIT SALAD</p>	<p>13</p> <p>BAKED TURKEY BREAD STUFFING SWEET POTATOES GREEN BEANS CRANBERRIES DESSERT</p>
<p>16</p> <p>SLOPPY JOE ON A BUN BAKED BEANS COLESLAW APPLESAUCE</p>	<p>17</p> <p>BREADED VEAL MASHED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PURPLE PLUMS</p>	<p>18</p> <p>CHICKEN ALFREDO OVER NOODLES ZUCCHINI SQUASH FOUR BEAN SALAD APRICOT HALVES</p>	<p>19</p> <p>BAKED HAM SCALLOPED POTATOES GREEN BEANS WHOLE GRAIN ROLL SPICED APPLES</p>	<p>20</p> <p><u>BIRTHDAY DINNER</u> PARMESAN CHICKEN WILD RICE HERBED CARROTS GARDEN SALAD FRESH FRUIT CAKE & ICE CREAM</p>
<p>23</p> <p>ORANGE CHICKEN ROTINI NOODLES BROCCOLI & CAULIFLOWER CARROT COINS MANDARIN ORANGES</p>	<p>24</p> <p>COTTAGE PIE WILTED SPINACH WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>25</p> <p>BBQ MEATBALLS BROWN RICE GREEN PEAS GARDEN SALAD FRUIT SALAD</p>	<p>26</p> <p>GREEN CHILI PORK CASSEROLE SWEET CORN VEGGIE SALAD w/BEANS APPLESAUCE</p>	<p>27</p> <p>CHICKEN NOODLE SOUP PICKLED BEETS TOSSED SALAD GOLDEN PEARS DESSERT</p>
<p>30</p> <p>BEEF LASAGNA GOLDEN CORN TOSSED SALAD w/BEANS MIXED FRUIT</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.