
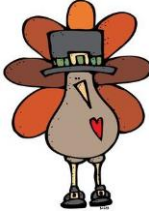







WHITEHALL SENIOR CENTER MENU

NOVEMBER 2019

For Additional Information call 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <u>RED HAT DAY 11:00 AM</u> BREAKFAST CASSEROLE WINTER SQUASH FRESH FRUIT CINNAMON ROLL GRAPE JUICE
4 UNSTUFFED CABBAGE ROLLS BROWN RICE GARDEN SALAD SWEET PEACHES	5 BBQ CHICKEN ON A BUN BAKED BEANS CRISP COLESLAW MANDARIN ORANGES	6 PORK ROAST SWEET YAMS MIXED VEGETABLES WHOLE GRAIN ROLL BAKED APPLES	7 TURKEY ALA KING OVER BISCUITS GREEN PEAS TOSSED SALAD FRUIT MEDLEY	8 CHICKEN OVER STUFFING HERBED CARROTS GARDEN SALAD CRANBERRIES DESSERT
11 CLOSED – VETERAN'S DAY 	12 FISH PATTY ON A BUN GREEN BEANS GARDEN SALAD MIXED FRUIT	13 BEEF STROGANOFF OVER EGG NOODLES BRUSSELS SPROUTS FOUR BEAN MEDLEY APRICOT HALVES	14 PORK STEW FRESH BAKED BISCUIT TOSSED SALAD JUICY PEARS	15 <u>BIRTHDAY DINNER</u> CHICKEN FRIED STEAK MASHED POTATOES CARROT COINS WHOLE GRAIN ROLL PURPLE PLUMS CAKE & ICE CREAM
18 SPAGHETTI w/MEAT SAUCE GARLIC BREAD SWEET CORN TOSSED SALAD PINEAPPLE	19 CHICKEN POT PIE BROCCOLI & CAULIFLOWER COLESLAW FRUIT SALAD	20 PIZZA BAKE PURPLE BEETS GARDEN SALAD GOLDEN PEARS	21 BBQ RIBS BAKED BEANS CRISP COLESLAW FRESH BAKED BISCUIT MANDARIN ORANGES	22 HAM & BEAN SOUP CARROT COINS DINNER SALAD APPLESAUCE DESSERT
25 CHICKEN NOODLE CASSEROLE GARDEN PEAS TOSSED SALAD BAKED APPLES	26 SWEDISH MEATBALLS ROTINI NOODLES STEAMED CARROTS WILTED SPINACH MIXED FRUIT	27 <u>THANKSGIVING DINNER</u> BAKED TURKEY BREAD STUFFING MASHED POTATOES GREEN BEANS CRANBERRIES PUMPKIN PIE	28 <u>CLOSED - THANKSGIVING</u> 	29 <u>CLOSED</u> 

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.