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| Whitehall Senior Center MenuAugust 2018-FOR RESERVATIONS CALL 287-5336R v | | | | |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Related image | Related image | **1**  **ZUCCHINI-CRUSTED PIZZA W/PEPPERONI**  **CAULIFLOWER**  **BACON PEA SALAD**  **SWEET PEACHES** | **2**  **BURRITO BAKE**  **SPANISH RICE**  **FRITO BEAN SALAD**  **TOSSED SALAD**  **MANDARIN ORANGES** | **3**  **RED HAT DAY BRUNCH (11 AM)**  **SAUSAGE PATTIES**  **VEGGIE EGG BAKE**  **CINNAMON ROLLS**  **FRUIT SALAD**  **TOMATO JUICE** |
| **6**  **COWBOY STEW**  **FRESH BAKED BISCUITS**  **BRUSSEL SPROUTS**  **BERRY PARFAIT** | **7**  **SAUSAGE STUFFED SQUASH**  **PEA SALAD**  **WHOLE GRAIN ROLL**  **WATERMELON** | **8**  **CABBAGE, MEAT & RICE CASSEROLE**  **POTLUCK VEGGIE SALAD W/BEANS**  **JUICY PEARS** | **9**  **SWEET-N-SOUR CHICKEN**  **OVER RICE**  **STIR FRY VEGGIES**  **RAMEN COLESLAW**  **MANDARIN ORANGES**  **LIME FLUFF SALAD** | **10**  **FISH PATTIES ON A BUN**  **SCALLOPED POTATOES**  **STEAMED CARROTS**  **APPLESAUCE** |
| **13**  **CHICKEN PARMESAN**  **OVER NOODLES**  **BROCCOLI SPEARS**  **4 BEAN SALAD**  **FRUIT COCKTAIL**  **VANILLA PUDDING** | **14**  **SALISBURY STEAK**  **MASHED POTATOES**  **CARROT RAISIN SALAD**  **WHOLE WHEAT ROLL**  **ZESTY PINEAPPLE** | **15**  **ORANGE BAKE CHICKEN**  **OVEN ROASTED RED POTATOES**  **MIXED VEGGIES**  **WHOLE GRAIN ROLL**  **JUICY PEARS** | **16**  **MEXICAN TACOS**  **LETTUCE & TOMATOES**  **REFRIED BEANS**  **SPANISH RICE**  **BAKED APPLES** | **17**  **ITALIAN LASAGNA**  **GARLIC BREAD**  **GREEN BEANS**  **TOSSED SALAD**  **AMBROSIA** |
| **20**  **BEEF STROGANOFF**  **OVER NOODLES**  **RANCH BEANS**  **QUICK CUKES**  **PLUMP PEACHES** | **21**  **PORK BITS OVER NOODLES**  **MIXED VEGGIES**  **TOSSED SALAD**  **CRANBERRY MEDLEY** | **22**  **BAKED HAM**  **SCALLOPED POTATOES**  **CARROT COINS**  **WHOLE GRAIN ROLL**  **SWEET PINEAPPLE**  **SHERBET** | **23**  **BBQ CHICKEN ON A BUN**  **GOLDEN CORN**  **CRISP COLESLAW**  **MANDARIN ORANGES** | **24**  **BIRTHDAY DINNER**  **BREADED VEAL**  **MASHED POTATOES**  **GREEN BEANS**  **FROG EYE SALAD**  **CAKE & ICE CREAM** |
| **27**  **POLISH DOGS W/SAUERKRAUT**  **TATER TOTS**  **PORK-N-BEANS**  **FRUIT TOSS**  **ICE CREAM SUNDAES** | **28**  **CHICKEN CORDON BLEU**  **CASSEROLE**  **CAULIFLOWER**  **CUKE SALAD**  **SPICED APPLES** | **29**  **PORK ROAST**  **MASHED POTATOES**  **BBQ BEAN SALAD**  **WHOLE GRAIN ROLL**  **PEACHES-N-CREAM** | **30**  **MEATLOAF**  **SCALLOPED POTATOES**  **BROCCOLI SALAD**  **WHOLE GRAIN ROLL**  **FESTIVE FRUIT SALAD** | **31**  **SWEET-N-SOUR PORK**  **OVER RICE**  **STIR FRY VEGGIES**  **CRISPY COLESLAW**  **APPLESAUCE** |

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.**