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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.**