

Whitehall Senior Nutrition Menu - September 2022

FOR MORE INFORMATION CALL - (406) 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Low-fat milk is delivered daily & served daily at the Dinner Club</p>		<p>1 WANDA'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>2 EGGS & BACON DICED POTATOES CARROT RAISIN SALAD FRESH FRUIT CINNAMON ROLL</p>
<p>5 CLOSED</p> 	<p>6 ORANGE CHICKEN BROWN RICE BROCCOLI & CAULIFLOWER CARROT COINS MANDARIN ORANGES</p>	<p>7 COTTAGE PIE WILTED SPINACH WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>8 GREEN CHILI PORK CASSEROLE SWEET CORN VEGGIE SALAD w/BEANS APPLESAUCE</p>	<p>9 CHICKEN NOODLE SOUP PICKLED BEETS TOSSED SALAD GOLDEN PEARS DESSERT</p>
<p>12 PORK BITS IN GRAVY BROWN RICE GREEN BEANS GARDEN SALAD APPLESAUCE</p>	<p>13 FISH PATTY SCALLOPED POTATOES HERBED CARROTS DINNER SALAD MIXED FRUIT</p>	<p>14 SIX-BEAN CASSEROLE FRESH BAKED BISCUIT CARROT RAISIN SALAD GOLDEN PEARS</p>	<p>15 CHICKEN ENCHILADA REFRIED BEANS MEXICAN VEGGIES ZESTY PINEAPPLE</p>	<p>16 <u>BIRTHDAY DINNER</u> BEEF LASAGNA GARLIC TOAST GOLDEN CORN TOSSED SALAD SWEET PEACHES BIRTHDAY CAKE</p>
<p>19 RIBS w/SAUERKRAUT BAKED POTATO STEAMED CARROTS FOUR BEAN MEDLEY WHOLE GRAIN ROLL BAKED APPLES</p>	<p>20 GOBBLER CAKES BREAD STUFFING SWEET POTATO GREEN BEANS CRANBERRIES</p>	<p>21 SALISBURY STEAK MASHED POTATOES CAPRI VEGETABLES WHOLE GRAIN ROLL PURPLE PLUMS</p>	<p>22 SWEET-N-SOUR CHICKEN WILD RICE ORIENTAL VEGETABLES GARDEN SALAD MANDARIN ORANGES</p>	<p>23 COMPANY CASSEROLE MIXED VEGGIES TOSSED SALAD FRUIT SALAD DESSERT</p>
<p>26 BBQ PORK ON A BUN BAKED BEANS COLESLAW PINEAPPLE</p>	<p>27 HAMBURGER GRAVY OVER EGG NOODLES GARDEN PEAS CARROT RAISIN SALAD GOLDEN PEARS</p>	<p>28 BAKED CHICKEN WINTER SQUASH BRUSSELS SPROUTS MEDITERRANEAN PASTA SALAD APRICOT HALVES</p>	<p>29 BURRITO BAKE LETTUCE, TOMATO, SALSA MEXICAN CORN SWEET PEACHES</p>	<p>30 GRILLED HAM & CHEESE TOMATO SOUP VEGGIE SALAD FRESH FRUIT DESSERT</p>

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS

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.*

SUGGESTED DONATION FOR 60 YEARS OLD AND OVER \$5.00. REQUIRED CHARGE FOR UNDER 60 YEARS \$7.00.