




# WHITEHALL SENIOR CENTER MENU - MARCH 2019

FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <u>RED HAT DAY BRUNCH 11AM</u> SCRAMBLED EGGS CRISPY BACON HASH BROWNS CINNAMON ROLLS FRUIT & JUICE
4 CHICKEN PATTIES ON A BUN ALFREDO NOODLES CARROT COINS TOSSED SALAD PINEAPPLE	5 WANDA'S MEATLOAF MASHED POTATOES MIXED VEGGIES RANCH BEANS FRUIT SALAD	6 BBQ PORK BITS OVEN RED POTATOES STEAMED CARROTS DICED BEETS APPLESAUCE	7 SWEDISH MEATBALLS BUTTER NOODLES GREEN BEANS 4 BEAN SALAD SWEET PEACHES	8 TUNA PATTIES WILD RICE GOLDEN CORN GARDEN SALAD MIXED FRUIT BROWNIES
11 CHILI CON CARNE CORN BREAD GREEN PEAS COLESLAW PEACHES	12 PORK BITS IN GRAVY MASHED POTATOES WILTED SPINACH TOSSED SALAD APPLESAUCE	13 BAKED COD SCALLOPED POTATOES GREEN BEANS MACARONI SALAD MIXED FRUIT	14 SWEET-N-SOUR PORK OVER RICE STIR FRY VEGGIES 4 BEAN SALAD MANDARIN ORANGES	15 CORNEBEEF & CABBAGE LUCKY CARROTS IRISH POTATOES SWEET PEACHES BLARNEY STONE CAKE
18 HAMBURGER STEW FRESH BAKED BISCUITS GOLDEN CORN TOSSED SALAD PINEAPPLE	19 PORK CHOPS WILD RICE CALICO BEANS BROCCOLI SPEARS BAKED APPLES	20 BAKED CHICKEN BREAD STUFFING BRUSSELS SPROUTS GREEN PEAS APPLESAUCE	21 TAMALE PIE REFRIED BEANS SPANISH RICE GREEN BEANS MANDARIN ORANGES	22 <u>BIRTHDAY DINNER</u> BREADED VEAL MASHED POTATOES MIXED VEGGIES BLACK-EYED PEA SALAD CAKE & ICE CREAM
25 OVEN CHICKEN RICE PILAF CAULIFLOWER BAKED BEANS SWEET PEACHES	26 HAMBURGER STEAK MASHED POTATOES SWEET CORN TOSSED SALAD FRUIT TOSS	27 FISH PATTY ON A BUN SCALLOPED POTATOES GREEN PEAS SWEET PEARS	28 PORK-N-BEANS & WIENERS HERBED CARROTS GARDEN SALAD WHOLE GRAIN ROLL PINEAPPLE	29 BAKED TURKEY BREAD STUFFING MASHED POTATOES SWEET YAMS APPLE PIE

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.**