
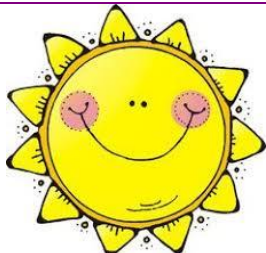
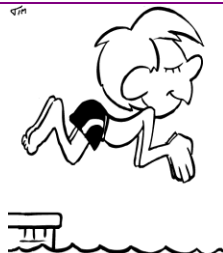


# Whitehall Senior Center Menu

August 2019-FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>BEEF GOULASH OVER NOODLES GREEN BEANS GARDEN SALAD SWEET PEACHES</p>	<p>2</p> <p><u>RED HAT DAY BRUNCH – 11:00</u> BREAKFAST CASSEROLE ZUCCHINI SQUASH FRESH FRUIT CINNAMON ROLL JUICE</p>
<p>5</p> <p>KIELBASA OVER POTATOES WILTED SPINACH WHOLE GRAIN ROLL MIXED FRUIT</p>	<p>6</p> <p>HAMBURGER ON A BUN POTATO TRIANGLES SALAD W/BEANS APPLESAUCE</p>	<p>7</p> <p>CHICKEN OVER STUFFING HERBED CARROTS GARDEN SALAD CRANBERRIES</p>	<p>8</p> <p>PORK CASSEROLE w/WHOLE GRAIN NOODLES GREEN BEANS GOLDEN CORN APRICOT HALVES</p>	<p>9</p> <p>SWEET-N-SOUR MEATBALLS BROWN RICE BROCCOLI SPEARS CARROT RAISIN SALAD PINEAPPLE DESSERT</p>
<p>12</p> <p>UNSTUFFED CABBAGE ROLLS BROWN RICE GARDEN SALAD SWEET PEACHES</p>	<p>13</p> <p>BBQ CHICKEN ON A BUN BAKED BEANS CRISP COLESLAW MANDARIN ORANGES</p>	<p>14</p> <p>PORK ROAST SWEET YAMS MIXED VEGETABLES WHOLE GRAIN ROLL BAKED APPLES</p>	<p>15</p> <p>TURKEY ALA KING OVER BISCUITS GREEN PEAS TOSSED SALAD FRUIT MEDLEY</p>	<p>16</p> <p><u>BIRTHDAY DINNER</u> CHICKEN FRIED STEAK MASHED POTATOES CARROT COINS WHOLE GRAIN ROLL PURPLE PLUMS CAKE &amp; ICE CREAM</p>
<p>19</p> <p>CHILI CON CARNE CORN BREAD SWEET CORN COLESLAW MIXED FRUIT</p>	<p>20</p> <p>FISH PATTY ON A BUN GREEN BEANS GARDEN SALAD CRANBERRIES</p>	<p>21</p> <p>BEEF STROGANOFF OVER EGG NOODLES BRUSSELS SPROUTS FOUR BEAN MEDLEY APRICOT HALVES</p>	<p>22</p> <p>PORK STEW FRESH BAKED BISCUIT TOSSED SALAD JUICY PEARS</p>	<p>23</p> <p>CHICKEN TACOS LETTUCE/TOMATO/SALSA MEXICAN BEANS FRUIT SALAD DESSERT</p>
<p>26</p> <p>SPAGHETTI W/MEAT SAUCE GARLIC BREAD SWEET CORN TOSSED SALAD PINEAPPLE</p>	<p>27</p> <p>CHICKEN POT PIE BROCCOLI &amp; CAULIFLOWER COLESLAW FRUIT SALAD</p>	<p>28</p> <p>PIZZA BAKE PURPLE BEETS GARDEN SALAD GOLDEN PEARS</p>	<p>29</p> <p>CHICKEN NOODLE CASSEROLE GREEN BEANS DINNER SALAD MANDARIN ORANGES</p>	<p>30</p> <p>POLISH ON A BUN COWBOY BEANS CARROT RAISIN SALAD APPLESAUCE 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.*

MEALS ARE SERVED WITH LOW FAT MILK, COFFEE, TEA & LEMONADE.