







WHITEHALL SENIOR CENTER MENU - FEBRUARY 2018

FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				¹ RED HAT DAY BRUNCH 11AM BISCUITS & SAUSAGE GRAVY HASH BROWNS SCRAMBLED EGGS ASSORTED SALADS CINNAMON ROLLS
⁴ CHICKEN PATTY ON A BUN BBQ BEANS POTATO SALAD PINEAPPLE	⁵ SWISS STEAKS MASHED POTATOES PICKLED BEETS WALDORF SALAD WHOLE GRAIN ROLL VANILLA PUDDING	⁶ PORK BITS IN GRAVY ROASTED RED POTATOES BROCCOLI SLAW STEAMED CARROTS FRUIT TOSS	⁷ SPAGHETTI W/MEAT SAUCE CREAMED PEAS 4 BEAN SALAD APPLE CRISP	⁸ BAKED HAM MAC & CHEESE SWEET CORN STEAMED BROCCOLI APPLESAUCE
¹¹ TURKEY AL A KING OVER A FRESH BAKED BISCUIT MIXED VEGGIES COLESLAW PLUMP PEACHES	¹² MEATLOAF MASHED POTATOES CARROT COINS BROCCOLI SALAD GOLDEN PEARS LEMON PUDDING	¹³ ORANGE CHICKEN WILD RICE PILAF SWEET CORN CARROT RAISIN SALAD FRUIT COCKTAIL	¹⁴ VALENTINE'S DAY DINNER STUFFED PORK CHOPS SCALLOPED POTATOES SMOTHERED GREEN BEANS TOSSED SALAD STRAWBERRY SHORTCAKE	¹⁵ POLISH DOGS BAKED POTATO DAY BEAN SOUP GARDEN SALAD PINEAPPLE
¹⁸ CLOSED PRESIDENT'S DAY 	¹⁹ GREEN CHILI PORK CASSEROLE OVER BROWN RICE MIXED VEGGIES GARDEN SALAD BAKED APPLES BUTTERSCOTCH PUDDING	²⁰ LEMON PEPPER CHICKEN MACARONI SALAD GREEN BEANS HARVARD BEETS APRICOTS	²¹ SALISBURY STEAK MASHED POTATOES STEAMED CARROTS TOSSED SALAD JUICY PEARS	²² BIRTHDAY DINNER BAKED COD OVER BAKED RED POTATOES CALICO BEANS PINEAPPLE CAKE & ICE CREAM
²⁵ CHILI CON CARNE CORN BREAD STEAMED CAULIFLOWER TOSSED SALAD SWEET PEACHES CHOCOLATE PUDDING	²⁶ PORK ROAST SCALLOPED POTATOES WILTED SPINACH RAMEN COLESLAW APPLESAUCE	²⁷ ALFREDO CHICKEN OVER NOODLES BROCCOLI SPEARS SKINNY CARROT SALAD BLUSHING PEARS	²⁸ HAMBURGER STEAKS MASHED POTATOES BAKED BEANS CAULIFLOWER SALAD BLUEBERRY CRISP	

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.