





Whitehall Senior Nutrition Menu - July 2021



FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Low-fat milk is served daily</p>	<p>1 HOT DOG POTATO SALAD CARROT RAISIN SALAD WATERMELON DESSERT</p>	<p>2 <u>CLOSED</u> Juneteenth observed</p> 
<p>5 <u>CLOSED – 4TH OF JULY OBSERVED</u></p> 	<p>6 TURKEY LOAF SWEET POTATOES GREEN BEANS WHOLE GRAIN ROLL CRANBERRIES</p>	<p>7 BAKED COD STEAMED CARROTS TOSSED SALAD WHOLE GRAIN ROLL MANDARIN ORANGES</p>	<p>8 MONTANA PASTIES STEAMED SPINACH DINNER SALAD JUICY PEARS</p>	<p>9 PARMESAN CHICKEN WILD RICE VEGETABLE MEDLEY BEAN SALAD MIXED FRUIT DESSERT</p>
<p>12 SLOPPY JOE ON A BUN BAKED BEANS COLESLAW APPLESAUCE</p>	<p>13 COOK'S CHOICE BEEF BRUSSELS SPROUTS TOSSED SALAD WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>14 CHICKEN ALFREDO OVER NOODLES CAPRI VEGETABLES BEAN SALAD PINEAPPLE</p>	<p>15 BAKED HAM SCALLOPED POTATOES GREEN BEANS WHOLE GRAIN ROLL SPICED APPLES</p>	<p>16 <u>BIRTHDAY DINNER</u> BREADED VEAL MASHED POTATOES MIXED VEGETABLES GARDEN SALAD PURPLE PLUMS CAKE & ICE CREAM</p>
<p>19 BBQ MEATBALLS ROTINI NOODLES GREEN PEAS GARDEN SALAD PINEAPPLE</p>	<p>20 COOK'S CHOICE CHICKEN BROWN RICE BROCCOLI & CAULIFLOWER CARROT COINS MANDARIN ORANGES</p>	<p>21 COTTAGE PIE WILTED SPINACH WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>22 GREEN CHILI PORK CASSEROLE SWEET CORN VEGGIE SALAD w/BEANS APPLESAUCE</p>	<p>23 CHICKEN NOODLE SOUP PICKLED BEETS TOSSED SALAD GOLDEN PEARS DESSERT</p>
<p>26 COOK'S CHOICE PORK BROWN RICE GREEN BEANS GARDEN SALAD APPLESAUCE</p>	<p>27 BEEF LASAGNA GARLIC TOAST GOLDEN CORN TOSSED SALAD w/BEANS SWEET PEACHES</p>	<p>28 BEEF STEW FRESH BAKED BISCUIT CARROT RAISIN SALAD GOLDEN PEARS</p>	<p>29 CHICKEN ENCHILADA REFRIED BEANS MEXICAN VEGGIES ZESTY PINEAPPLE</p>	<p>30 FISH PATTY ON A BUN HERBED CARROTS COLESLAW MIXED 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, R.D.N.

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