











WHITEHALL SENIOR CENTER MENU

DECEMBER 2018

For Additional Information call 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 HAMBURGER POT PIE CASSEROLE WILTED SPINACH TOSSED SALAD PINEAPPLE	4 BAKED CHICKEN SCALLOPED POTATOES GREEN PEAS TOSSED SALAD BLUEBERRY CRISP	5 BBQ PORK ON A BUN BAKED BEANS TATER TOTS SWEET PEACHES	6 BEEF TACOS (LETTUCE & TOMATO) SPANISH RICE REFRIED BEANS FRUIT COCKTAIL	7 <u>RED HAT DAY</u> 11:00 AM BRUNCH SCRAMBLED EGGS CRISPY BACON HASH BROWNS CINNAMON ROLLS FRUIT & JUICE
10 FISH PATTIES ON A BUN MIXED VEGGIES CARROT RAISIN MEDLEY BAKED APPLES	11 SALISBURY STEAKS MASHED POTATOES BRUSSELS SPROUTS 4-BEAN SALAD GOLDEN PEARS TAPIOCA PUDDING	12 GREEN CHILI PORK CASSEROLE WILD RICE MEXICAN CORN BROCCOLI SALAD APPLESAUCE	13 SWEET-N-SOUR CHICKEN BROWN RICE STIR FRY VEGGIES CUKE SALAD MANDARIN ORANGES	14 <u>HAPPY BIRTHDAY DINNER</u> SPAGHETTI W/ MEAT SAUCE GARLIC BREAD MARINATED CARROTS TOSSED GREENS FRUIT SALAD CAKE & ICE CREAM
17 BBQ CHICKEN ON A BUN SWEET POTATO FRIES CRISP COLESLAW PLUMP PEACHES LEMON PUDDING	18 WANDA'S MEATLOAF MASHED POTATOES BBQ BEANS BROCCOLI SPEARS CINNAMON APPLES	19 PORK CHOPS RED POTATOES CAULIFLOWER RAMEN COLESLAW APPLESAUCE	20 BURRITO BAKE REFRIED BEANS MIXED VEGGIES TOSSED SALAD MIXED FRUIT	21 <u>CHRISTMAS DINNER</u> BAKED HAM YAM CASSEROLE GREEN BEANS CRANBERRIES PUMPKIN PIE
24 <u>CLOSED</u> <u>CHRISTMAS BREAK</u> 	25 <u>CLOSED</u> <u>CHRISTMAS BREAK</u> 	26 <u>CLOSED</u> <u>CHRISTMAS BREAK</u> 	27 <u>CLOSED</u> <u>CHRISTMAS BREAK</u> 	28 <u>CLOSED</u> <u>CHRISTMAS BREAK</u> 
31 <u>CLOSED</u> 				

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.