



Whitehall Senior Nutrition Menu - JANUARY 2022



FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BBQ MEATBALLS ROTINI NOODLES GREEN PEAS GARDEN SALAD PINEAPPLE	4 ORANGE CHICKEN BROWN RICE BROCCOLI & CAULIFLOWER CARROT COINS MANDARIN ORANGES	5 COTTAGE PIE WILTED SPINACH WHOLE GRAIN ROLL SWEET PEACHES	6 GREEN CHILI PORK CASSEROLE SWEET CORN TOSSED SALAD w/BEANS APPLESAUCE	7 EGGS w/HAM HASH BROWNS MIXED VEGGIES FRESH FRUIT CINNAMON ROLL
10 PORK BITS IN GRAVY BROWN RICE GREEN BEANS GARDEN SALAD APPLESAUCE	11 BEEF LASAGNA GARLIC TOAST GOLDEN CORN TOSSED SALAD w/BEANS SWEET PEACHES	12 BEEF STEW FRESH BAKED BISCUIT CARROT RAISIN SALAD GOLDEN PEARS	13 CHICKEN ENCHILADA REFRIED BEANS MEXICAN VEGGIES ZESTY PINEAPPLE	14 FISH PATTY ON A BUN HERBED CARROTS COLESLAW MIXED FRUIT DESSERT
17 <u>CLOSED</u> 	18 CHICKEN CORDON BLEU BREAD STUFFING SWEET POTATO GREEN BEANS CRANBERRIES	19 SALISBURY STEAK MASHED POTATOES CAPRI VEGETABLES WHOLE GRAIN ROLL PURPLE PLUMS	20 SWEET-N-SOUR CHICKEN WILD RICE ORIENTAL VEGETABLES GARDEN SALAD MANDARIN ORANGES	21 <u>BIRTHDAY DINNER</u> MONTANA PASTIES MIXED VEGGIES TOSSED SALAD FRUIT SALAD BIRTHDAY CAKE
24 BBQ PORK ON A BUN BAKED BEANS COLESLAW PINEAPPLE	25 HAM & MAC-N-CHEESE CASSEROLE GARDEN PEAS CARROT RAISIN SALAD GOLDEN PEARS	26 BAKED CHICKEN RICE PILAF WINTER SQUASH BRUSSELS SPROUTS APRICOT HALVES	27 BURRITO BAKE LETTUCE, TOMATO, SALSA MEXICAN CORN SWEET PEACHES	28 CHICKEN NOODLE SOUP PICKLED BEETS TOSSED SALAD BAKED APPLES DESSERT
31 TUNA SQUARES BUTTERED NOODLES GREEN PEAS TOSSED SALAD JUICY PEARS				Low-fat milk is delivered daily and served daily at the Dinner Club 

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.*

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