



Whitehall Senior Nutrition Menu June 2022



FOR MORE INFORMATION CALL: (406) 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BAKED COD STEAMED CARROTS TOSSED SALAD WHOLE GRAIN ROLL MANDARIN ORANGES	2 COTTAGE PIE MIXED VEGETABLES WHOLE GRAIN ROLL PURPLE PLUMS	3 SAUSAGE PATTY HASH BROWNS CARROT RAISIN SALAD FRESH FRUIT & YOGURT CINNAMON ROLL
6 SLOPPY JOE ON A BUN BAKED BEANS COLESLAW APPLESAUCE	7 BAKED HAM SCALLOPED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL SPICED APPLES	8 CHICKEN ALFREDO OVER NOODLES CAPRI VEGETABLES FOUR BEAN SALAD PINEAPPLE	9 WANDA'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL SWEET PEACHES	10 ROASTED TURKEY SWEET POTATOES GREEN BEANS CRANBERRIES
13 BBQ MEATBALLS ROTINI NOODLES GREEN PEAS GARDEN SALAD PINEAPPLE	14 CHICKEN NOODLE SOUP PICKLED BEETS TOSSED SALAD GOLDEN PEARS	15 BEEF LASAGNA GARLIC TOAST GREEN BEANS DINNER SALAD SWEET PEACHES	16 GREEN CHILI PORK CASSEROLE SWEET CORN VEGGIE SALAD w/BEANS APPLESAUCE	17 <u>BIRTHDAY/FATHER'S DAY DINNER</u> ORANGE CHICKEN BROWN RICE BROCCOLI & CAULIFLOWER CARROT COINS MANDARIN ORANGES BIRTHDAY CAKE
20 CLOSED 	21 PORK BITS IN GRAVY BROWN RICE GREEN BEANS GARDEN SALAD APPLESAUCE	22 BEEF STEW FRESH BAKED BISCUIT CARROT RAISIN SALAD GOLDEN PEARS	23 CHICKEN ENCHILADA REFRIED BEANS MEXICAN VEGGIES ZESTY PINEAPPLE	24 FISH PATTY ON A BUN HERBED CARROTS COLESLAW MIXED FRUIT DESSERT
27 RIBS w/SAUERKRAUT STEAMED CARROTS FOUR BEAN MEDLEY WHOLE GRAIN ROLL BAKED APPLES	28 TURKEY CORDON BLEU SWEET POTATO GREEN BEANS WHOLE GRAIN ROLL CRANBERRIES	29 SALISBURY STEAK MASHED POTATOES CAPRI VEGETABLES WHOLE GRAIN ROLL PURPLE PLUMS	30 SWEET-N-SOUR CHICKEN WILD RICE ORIENTAL VEGETABLES GARDEN SALAD MANDARIN ORANGES	<i>Low-fat milk is delivered daily & served the Dinner daily at Club</i> 

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.