





# Whitehall Senior Center Menu June 2018

## FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>2</b> <u>RED HAT DAY 11:00 AM BRUNCH</u> HAM & EGG BAKE W/HASBROWNS FRUIT SALAD CINNAMON ROLLS ORANGE JUICE
<b>4</b> HOBO STEW FRESH BAKED BISCUIT QUICK CUKES SWEET PEACHES LEMON PUDDING	<b>5</b> BAKED CHICKEN SCALLOPED POTATOES GREEN BEANS COLESLAW WHOLE GRAIN ROLL JUICY PEARS	<b>6</b> HAMBURGER PATTIES MAC-N-CHEESE PARSLEY CARROTS BAKED BEANS APPLESAUCE	<b>7</b> PORK ROAST RED POTATOES DICED BEETS PINEAPPLE BUCKEYE BARS	<b>8</b> CHILI CON CARNE CORNBREAD TOSSED SALAD CARROT & CELERY STICKS FRESH FRUIT
<b>11</b> PEPPER STEAKS BOILED POTATOES VEGGIE SALAD WHOLE GRAIN ROLL COTTAGE CHEESE W/MANDARINS	<b>12</b> CHICKEN NOODLE CASSEROLE CARROT COINS TOSSED SALAD w/BEANS BANANA PUDDING	<b>13</b> MEATLOAF MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL BAKED APPLES	<b>14</b> POLISH DOGS SAUERKRAUT BAKED BEANS BROCCOLI SLAW PLUMP PEACHES	<b>15</b> <u>FATHER'S DAY DINNER</u> BBQ RIBS BAKED POTATO SWEET CORN FRUIT SALAD CAKE & ICE CREAM
<b>18</b> HAMBURGER STROGANOFF OVER NOODLES WILTED SPINACH GREEK SALAD GOLDEN PEARS TAPIOCA PUDDING	<b>19</b> BBQ CHICKEN ON A BUN SWEET POTATO FRIES PURPLE BEETS PINEAPPLE	<b>20</b> TAMALE PIE GOLDEN CORN BLACK BEAN SALAD FRUIT COCKTAIL	<b>21</b> KIELBASA OVER POTATO CARROTS, & ONION TREASURE BROCCOLI SALAD WHOLE GRAIN ROLL SWEET PEACHES	<b>23</b> BIRTHDAY DINNER CHICKEN FRIED STEAK MASHED POTATOES TOSSED SALAD CRANBERRIES CAKE & ICE CREAM
<b>25</b> SWEET-N-SOUR PORK OVER BROWN RICE ORIENTAL VEGETABLES TOSSED SALAD w/BEANS MANDARIN ORANGES	<b>26</b> CHICKEN ALFREDO OVER NOODLES GREEN PEAS CARROT RAISIN SALAD BLUSHING PEARS BUTTERSCOTCH BARS	<b>27</b> SWISS STEAK MASHED POTATOES MIXED VEGGIES WHOLE GRAIN ROLL APPLESAUCE	<b>28</b> MONTANA PASTIES STEAMED SPINACH CRISPY COLESLAW BAKED SPICED APPLES	<b>29</b> TURKEY ROAST BREAD STUFFING SWEET YAMS GARDEN SALAD CRANBERRIES PUMPKIN BAR

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.

Meals are served with Low Fat Milk, Coffee, Juice, Whole Grain Bread and Margarine.