

WHITEHALL SENIOR NUTRITION MENU - OCTOBER 2021

FOR RESERVATIONS CALL - 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<i>Low-fat milk is served daily</i>	1 EGGS & SAUSAGE HASH BROWNS CARROT RAISIN SALAD FRESH FRUIT CINNAMON ROLL
4 SLOPPY JOE ON A BUN BAKED BEANS COLESLAW APPLESAUCE	5 WANDA'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL SWEET PEACHES	6 CHICKEN ALFREDO OVER NOODLES CAPRI VEGETABLES BEAN SALAD PINEAPPLE	7 PORK CHOPS SCALLOPED POTATOES GREEN BEANS WHOLE GRAIN ROLL SPICED APPLES	8 FISH PATTY ON A BUN HERBED CARROTS COLESLAW MIXED FRUIT DESSERT
11 BBQ MEATBALLS ROTINI NOODLES GREEN PEAS GARDEN SALAD PINEAPPLE	12 CHICKEN NOODLE SOUP PICKLED BEETS TOSSED SALAD GOLDEN PEARS	13 COTTAGE PIE WILTED SPINACH WHOLE GRAIN ROLL SWEET PEACHES	14 GREEN CHILI PORK CASSEROLE SWEET CORN VEGGIE SALAD w/BEANS APPLESAUCE	15 ORANGE CHICKEN BROWN RICE BROCCOLI & CAULIFLOWER CARROT COINS MANDARIN ORANGES DESSERT
18 BEEF STEW FRESH BAKED BISCUIT CARROT RAISIN SALAD GOLDEN PEARS	19 PORK BITS IN GRAVY BROWN RICE GREEN BEANS GARDEN SALAD APPLESAUCE	20 BEEF LASAGNA GARLIC TOAST GOLDEN CORN TOSSED SALAD w/BEANS SWEET PEACHES	21 CHICKEN ENCHILADA REFRIED BEANS MEXICAN VEGGIES ZESTY PINEAPPLE	22 <u>BIRTHDAY DINNER</u> ROAST BEEF MASHED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PURPLE PLUMS CAKE & ICE CREAM
25 RIBS w/SAUERKRAUT STEAMED CARROTS FOUR BEAN MEDLEY WHOLE GRAIN ROLL BAKED APPLES	26 GOBBLER CAKES BREAD STUFFING SWEET POTATO GREEN BEANS CRANBERRIES	27 SALISBURY STEAK MASHED POTATOES CAPRI VEGETABLES WHOLE GRAIN ROLL PINEAPPLE	28 SWEET-N-SOUR CHICKEN WILD RICE ORIENTAL VEGETABLES GARDEN SALAD MANDARIN ORANGES	29 MONTANA PASTIES MIXED VEGGIES TOSSED SALAD FRUIT SALAD DESSERT

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.