WHITEHALL SENIOR CENTER MENU MAY 2018

FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 HAMBURGER GRAVY OVER NOODLES GOLDEN CORN BROCCOLI TORTELLINI SALAD FESTIVE FRUIT SALAD	2 CHICKEN POT PIE MAC-N-CHEESE BBQ BEANS CAULIFLOWER SALAD SWEET PEACHES	3 SWEDISH MEATBALLS W/RICE PILAF GARDEN PEAS SKINNY CARROT SALAD JUICY PEARS FRUIT TORTE	4 RED HAT DAY- 11AM BRUNCH SCRAMBLED EGGS HASH BROWNS, SAUSAGE LINKS CINNAMON ROLLS ASSORTED SALADS FRUIT & JUICE BAR
7 SPAGHETTI W/MEAT SAUCE GARLIC TOAST MIXED VEGGIES TOSSED SALAD SWEET PEACHES	8 LEMON PEPPER CHICKEN OVER BROWN RICE GREEN BEANS BROCCOLI SLAW APPLE PIE	9 BAKED COD OVEN POTATOES ROASTED CARROTS RAMEN COLESLAW YOGURT PARFAIT	10 BURRITO BAKE SPANISH RICE HARVARD BEETS 4 BEAN SALAD BAKED APPLES	11 MOTHER'S DAY DINNER STUFFED CHICKEN BREAST SCALLOPED POTATOES BRUSSEL SPROUTS MANDARIN ORANGES STRAWBERRY SHORTCAKE
14 SALISBURY STEAK WILD RICE SWEET CORN BLT SALAD FRUIT COCKTAIL CHOCOLATE PUDDING	15 CHICKEN ENCHILADAS REFRIED BEANS STEAMED BROCCOLI GLASS NOODLE SALAD SWEET PEACHES	16 BBQ MEATBALLS BUTTER NOODLES CARROTS COINS WILTED SPINACH CREAMY CRANBERRY SALAD	17 HUNGARIAN GOULASH SWEET POTATO FRIES MIXED VEGGIES FRITO BEAN JUMBLE APPLE SALAD	18 HOT DOGS SAUERKRAUT FRENCH FRIES MACARONI SALAD PINEAPPLE LEMON LIME SALAD
21 FISH PATTIES ON A BUN SCALLOPED POTATOES GREEN BEANS AMBROSIA SALAD	22 CHILI CON CARNE FRESH BAKED BISCUIT CAULIFLOWER & PEAS QUICK CUKES BLUEBERRY PIE	23 BAKED HAM SCALLOPED POTATOES CALICO BEANS CARROT RAISIN SALAD TAPIOCA PUDDING	24 SWISS STEAK BOILED POTATOES GOLDEN CORN ORIENTAL SALAD FRUIT COCKTAIL	25 BIRTHDAY DINNER ITALIAN LASAGNA GARLIC BREAD PETITE PEAS TOSSED SALAD PLUMP PEACHES CAKE & ICE CREAM
28 CLOSED 	29 PORK STEW CORNBREAD CRISPY COLESLAW APPLESAUCE CRANBERRY COBBLER	30 WANDA'S MEATLOAF MASHED POTATOES STEAMED CARROTS TREASURE BROCCOLI SALAD BAKED APPLES	31 CHICKEN TACOS SPANISH RICE REFRIED BEANS STEAMED SPINACH MANDARIN ORANGES	

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 DRYNAM R.D.N.

MEALS ARE SERVED WITH LOW FAT MILK, COFFEE, JUICE, WHOLE GRAIN BREAD AND MARGARINE.