



WHITEHALL SENIOR CENTER MENU - MARCH 2020

FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SLOPPY JOE ON A BUN BAKED BEANS COLESLAW APPLESAUCE	3 BEEF STEW FRESH BAKED BISCUIT DINNER SALAD SWEET PEACHES	4 CHICKEN ALFREDO OVER NOODLES CAPRI VEGGIES FOUR BEAN SALAD APRICOT HALVES	5 BAKED HAM SCALLOPED POTATOES GREEN BEANS WHOLE GRAIN ROLL SPICED APPLES	6 <u>RED HAT DAY BRUNCH 11AM</u> EGGS & SAUSAGE CARROT RAISIN SALAD FRESH FRUIT CINNAMON ROLL FRUIT JUICE
9 ORANGE CHICKEN RICE PILAF BROCCOLI & CAULIFLOWER CARROT COINS MANDARIN ORANGES	10 WANDA'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL PINEAPPLE	11 BBQ MEATBALLS BROWN RICE GREEN PEAS GARDEN SALAD FRUIT SALAD	12 PORK ROAST SCALLOPED POTATOES SWEET CORN VEGGIE SALAD w/BEANS APPLESAUCE	13 CHICKEN NOODLE SOUP PICKLED BEETS TOSSED SALAD GOLDEN PEARS DESSERT
16 BEEF LASAGNA GARLIC TOAST GOLDEN CORN TOSSED SALAD w/BEANS MIXED FRUIT	17 <u>ST PATRICK'S DAY</u> CORNED BEEF & CABBAGE CARROT COINS GREEN SALAD LUCKY PEACHES WHOLE GRAIN ROLL BLARNEY STONE CUPCAKES	18 CHEESY HAM & MAC CASSEROLE WILTED SPINACH CARROT RAISIN SALAD WHOLE GRAIN ROLL GOLDEN PEARS	19 TURKEY ENCHILADA REFRIED BEANS MEXICAN VEGGIES ZESTY PINEAPPLE	20 REUBEN CASSEROLE w/SAUERKRAUT COOK'S CHOICE VEGGIES FRUIT SALAD
23 TURKEY CORDON BLEU BREAD STUFFING SWEET POTATO GREEN BEANS CRANBERRIES	24 RIBS w/SAUERKRAUT STEAMED CARROTS FOUR BEAN MEDLEY WHOLE GRAIN ROLL FRUIT SALAD	25 SALISBURY STEAK MASHED POTATOES CAPRI VEGETABLES WHOLE GRAIN ROLL PURPLE PLUMS	26 SWEET-N-SOUR CHICKEN WILD RICE ORIENTAL VEGETABLES GARDEN SALAD MANDARIN ORANGES	27 <u>BIRTHDAY DINNER</u> BAKED COD HERBED CARROTS TATER TOTS COLESLAW APRICOT HALVES CAKE & ICE CREAM
30 BBQ PORK ON A BUN BAKED BEANS COLESLAW PINEAPPLE	31 HAMBURGER GRAVY OVER EGG NOODLES GARDEN PEAS CARROT RAISIN SALAD GOLDEN PEARS			

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.