Whitehall Senior Nutrition Menu - July 2022

FOR MORE INFORMATION CALL: (406) 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Low-fat milk is delivered daily & served daily at the Dinner Club		**1** EGGS w/HAM HASH BROWNS VEGGIE SALAD FRESH FRUIT CINNAMON ROLL
4 CLOSED – 4TH OF JULY	**5** BBQ PORK ON A BUN BAKED BEANS COLESLAW PINEAPPLE	**6** BAKED CHICKEN RICE PILAF WINTER SQUASH BRUSSELS SPROUTS APRICOT HALVES	**7** BURRITO BAKE LETTUCE, TOMATO, SALSA MEXICAN CORN SWEET PEACHES	**8** MONTANA PASTIES MIXED VEGGIES TOSSED SALAD FRUIT SALAD DESSERT
11 TUNA SQUARES BUTTERED NOODLES GREEN PEAS TOSSED SALAD JUICY PEARS	**12** BEEF POT PIE DICED BEETS DINNER SALAD SPICED APPLES	**13** KIELBASA OVER POTATOES WILTED SPINACH WHOLE GRAIN ROLL MANDARIN ORANGES	**14** BEEF GOULASH w/NOODLES GREEN BEANS GARDEN SALAD SWEET PEACHES	**15** BIRTHDAY DINNER LEMON PEPPER CHICKEN WILD RICE BROCCOLI & CAULIFLOWER BEAN MEDLEY FRUIT SALAD BIRTHDAY CAKE
18 SWEET-N-SOUR MEATBALLS BROWN RICE BROCCOLI SPEARS CARROT RAISIN SALAD PINEAPPLE	**19** CHICKEN TACOS LETTUCE/TOMATO/SALSA MEXICAN BEANS GOLDEN PEARS	**20** PORK CASSEROLE GREEN BEANS GOLDEN CORN MANDARIN ORANGES	**21** HAMBURGER ON A BUN DICED POTATOES SALAD w/BEANS APPLESAUCE	**22** CHICKEN OVER STUFFING HERBED CARROTS GARDEN SALAD CRANBERRIES DESSERT
25 BBQ CHICKEN ON A BUN BAKED BEANS CRISP COLESLAW MANDARIN ORANGES	**26** UNSTUFFED CABBAGE ROLLS BROWN RICE GARDEN SALAD SWEET PEACHES	**27** PORK ROAST SWEET YAMS MIXED VEGETABLES WHOLE GRAIN ROLL BAKED APPLES	**28** TURKEY ALA KING ROTINI NOODLES GREEN PEAS TOSSED SALAD FRUIT MEDLEY	**29** CHICKEN FRIED STEAK MASHED POTATOES CARROT COINS WHOLE GRAIN ROLL PURPLE PLUMS DESSERT

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS

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.