

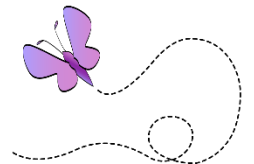


WHITEHALL SENIOR CENTER MENU-APRIL 2019

FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ MEATBALLS BROWN RICE GREEN PEAS GARDEN SALAD CRANBERRIES	2 BAKED HAM SCALLOPED POTATOES GREEN BEANS WHOLE GRAIN ROLL SPICED APPLES	3 CHICKEN ALFREDO OVER NOODLES ZUCCHINI SQUASH FOUR BEAN SALAD APRICOT HALVES	4 SLOPPY JOE ON A BUN BAKED BEANS COLESLAW APPLESAUCE	5 <u>RED HAT DAY BRUNCH 11 A.M.</u> EGGS & SAUSAGE CARROT RAISIN SALAD FRESH FRUIT CINNAMON ROLL ORANGE JUICE
8 GREEN CHILI PORK CASSEROLE SWEET CORN VEGGIE SALAD GOLDEN PEARS	9 WANDA'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL SWEET PEACHES	10 COTTAGE PIE WILTED SPINACH WHOLE GRAIN ROLL FRUIT SALAD	11 ORANGE CHICKEN ROTINI NOODLES BROCCOLI & CAULIFLOWER CARROT COINS MANDARIN ORANGES	12 REUBEN CASSEROLE PICKLED BEETS TOSSED SALAD APPLESAUCE BLUEBERRY PIE
15 CHICKEN ENCHILADA REFRIED BEANS MEXICAN VEGGIES ZESTY PINEAPPLE	16 BEEF LASAGNA GOLDEN CORN TOSSED SALAD W/BEANS MIXED FRUIT	17 COWBOY STEW FRESH BAKED BISCUIT CARROT RAISIN SALAD GOLDEN PEARS	18 PORK BITS IN GRAVY BROWN RICE GREEN BEANS DICED BEETS SWEET PEACHES	19 <u>BIRTHDAY DINNER</u> FISH PATTY ON A BUN HERBED CARROTS COLESLAW APRICOT HALVES CAKE & ICE CREAM
22 TURKEY CORDON BLEU BREAD STUFFING SWEET POTATO GREEN BEANS CRANBERRIES	23 SWEET-N-SOUR CHICKEN WILD RICE ORIENTAL VEGETABLES GARDEN SALAD MANDARIN ORANGES	24 SALISBURY STEAK MASHED POTATOES DICED BEETS WHOLE GRAIN ROLL PURPLE PLUMS	25 RIBS W/SAUERKRAUT STEAMED CARROTS FOUR BEAN MEDLEY WHOLE GRAIN ROLL FRUIT SALAD	26 MONTANA PASTIES MIXED VEGETABLE TOSSED SALAD BAKED APPLES BROWNIES
29 BURRITO BAKE MEXICAN CORN LETTUCE, TOMATO, SALSA SWEET PEACHES	30 BBQ PORK ON A BUN BAKED BEANS COLESLAW PINEAPPLE			

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.

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