

WHITEHALL SENIOR NUTRITION MENU-DECEMBER 2020

For Additional Information call 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Low-fat milk is delivered daily</p> 	<p>1</p> <p>RIBS w/SAUERKRAUT STEAMED CARROTS FOUR BEAN MEDLEY WHOLE GRAIN ROLL BAKED APPLES</p>	<p>2</p> <p>SALISBURY STEAK MASHED POTATOES CAPRI VEGETABLES WHOLE GRAIN ROLL PURPLE PLUMS</p>	<p>3</p> <p>SWEET-N-SOUR CHICKEN WILD RICE ORIENTAL VEGETABLES GARDEN SALAD MANDARIN ORANGES</p>	<p>4</p> <p>EGGS w/HAM VEGGIE SALAD FRESH FRUIT CINNAMON ROLL APPLE JUICE</p>
<p>7</p> <p>BBQ PORK ON A BUN BAKED BEANS COLESLAW PINEAPPLE</p>	<p>8</p> <p>HAMBURGER GRAVY OVER EGG NOODLES GARDEN PEAS CARROT RAISIN SALAD GOLDEN PEARS</p>	<p>9</p> <p>BAKED CHICKEN RICE PILAF WINTER SQUASH BRUSSELS SPROUTS APRICOT HALVES</p>	<p>10</p> <p>BURRITO BAKE LETTUCE, TOMATO, SALSA MEXICAN CORN SWEET PEACHES</p>	<p>11</p> <p>FISH PATTY ON A BUN HERBED CARROTS GARDEN SALAD MIXED FRUIT DESSERT</p>
<p>14</p> <p>TUNA SQUARES BUTTERED NOODLES GREEN PEAS TOSSED SALAD JUICY PEARS</p>	<p>15</p> <p>BEEF POT PIE DICED BEETS DINNER SALAD SPICED APPLES</p>	<p>16</p> <p>LEMON PEPPER CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD MANDARIN ORANGES</p>	<p>17</p> <p>BEEF GOULASH w/NOODLES GREEN BEANS GARDEN SALAD SWEET PEACHES</p>	<p>18</p> <p><u>BIRTHDAY DINNER</u> KIELBASA OVER POTATOES WILTED SPINACH WHOLE GRAIN ROLL FRUIT SALAD BIRTHDAY CAKE</p>
<p>21</p> <p>HAMBURGER ON A BUN POTATO TRIANGLES SALAD w/BEANS APPLESAUCE</p>	<p>22</p> <p>CHICKEN TACOS LETTUCE/TOMATO/SALSA MEXICAN BEANS GOLDEN PEARS</p>	<p>23</p> <p><u>CHRISTMAS DINNER</u> BAKED HAM SCALLOPED POTATOES GREEN BEANS WHOLE GRAIN ROLL PINEAPPLE DESSERT</p>	<p>24</p> <p><u>CLOSED</u></p> 	<p>25</p> <p><u>CLOSED</u></p>  <p>Merry Christmas</p>
<p>28</p> <p>COOK'S CHOICE ENTRÉE BROWN RICE BROCCOLI & CAULIFLOWER GARDEN SALAD SWEET PEACHES</p>	<p>29</p> <p>BBQ CHICKEN ON A BUN BAKED BEANS CRISP COLESLAW MANDARIN ORANGES</p>	<p>30</p> <p>PORK ROAST SWEET YAMS MIXED VEGETABLES WHOLE GRAIN ROLL BAKED APPLES</p>	<p>31</p> <p>CHICKEN ALA KING ROTINI NOODLES GREEN PEAS TOSSED SALAD FRUIT MEDLEY</p>	

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.