

WHITEHALL SENIOR CENTER MENU MAY 2019

FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p style="font-size: small; text-align: center;">WE HONOR AND LOVE YOU</p>	<p>1</p> <p>BAKED CHICKEN RICE PILAF WINTER SQUASH BRUSSELS SPROUTS APRICOT HALVES</p>	<p>2</p> <p>HAMBURGER GRAVY OVER EGG NOODLES GARDEN PEAS CARROT RAISIN SALAD GOLDEN PEARS</p>	<p>3</p> <p><u>RED HAT DAY BRUNCH 11:00</u> EGGS W/HAM VEGGIE SALAD FRESH FRUIT CINNAMON ROLL APPLE JUICE</p>
<p>6</p> <p>TUNA SQUARES BUTTERED NOODLES GREEN PEAS TOSSED SALAD JUICY PEARS</p>	<p>7</p> <p>BEEF POT PIE DICED BEETS MIXED VEGETABLES SPICED APPLES</p>	<p>8</p> <p>LEMON PEPPER CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD MANDARIN ORANGES</p>	<p>9</p> <p>BEEF GOULASH GREEN BEANS GARDEN SALAD SWEET PEACHES</p>	<p>10</p> <p><u>MOTHER'S DAY DINNER</u> STUFFED CHICKEN BREASTS MASHED POTATOES CARROT COINS WHOLE GRAIN ROLL PURPLE PLUMS DESSERT</p>
<p>13</p> <p>HAMBURGER ON A BUN POTATO TRIANGLES SALAD W/BEANS APPLESAUCE</p>	<p>14</p> <p>CHICKEN TACOS LETTUCE/TOMATO/SALSA MEXICAN BEANS MIXED FRUIT</p>	<p>15</p> <p>PORK CASSEROLE GREEN BEANS GOLDEN CORN APRICOT HALVES</p>	<p>16</p> <p>SWEET-N-SOUR MEATBALLS BROWN RICE BROCCOLI SPEARS CARROT RAISIN SALAD PINEAPPLE</p>	<p>17</p> <p><u>BIRTHDAY DINNER</u> CHICKEN OVER STUFFING HERBED CARROTS GARDEN SALAD CRANBERRIES DESSERT</p>
<p>20</p> <p>UNSTUFFED CABBAGE ROLLS BROWN RICE GARDEN SALAD SWEET PEACHES</p>	<p>21</p> <p>BBQ CHICKEN ON A BUN BAKED BEANS CRISP COLESLAW MANDARIN ORANGES</p>	<p>22</p> <p>PORK ROAST SWEET YAMS PICKLED BEETS WHOLE GRAIN ROLL BAKED APPLES</p>	<p>23</p> <p>TURKEY ALA KING OVER ROTINI NOODLES GREEN PEAS TOSSED SALAD FRUIT MEDLEY</p>	<p>24</p> <p>KIELBASA OVER POTATOES WILTED SPINACH WHOLE GRAIN ROLL FRUIT SALAD DESSERT</p>
<p>27</p> <p>CLOSED</p> 	<p>28</p> <p>FISH PATTY ON A BUN GREEN BEANS GARDEN SALAD CRANBERRIES</p>	<p>29</p> <p>BEEF STROGANOFF OVER EGG NOODLES BRUSSELS SPROUTS FOUR BEAN MEDLEY APRICOT HALVES</p>	<p>30</p> <p>PORK STEW (POTATOES & CARROTS) FRESH BAKED BISCUIT TOSSED SALAD JUICY PEARS</p>	<p>31</p> <p>CHILI CON CARNE CORN BREAD SWEET CORN COLESLAW MIXED FRUIT DESSERT</p>

WE DEPEND ON YOUR MEAL PAYMENT FOR HALF OUR 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 R.D.N.
 MEALS ARE SERVED WITH LOW FAT MILK, COFFEE, JUICE, WHOLE GRAIN BREAD AND MARGARINE.