






WHITEHALL SENIOR NUTRITION MENU - APRIL 2021



FOR RESERVATIONS CALL 266-3995

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
|  |  | <p>LOW-FAT MILK IS SERVED DAILY</p>  | <p>1 PORK STEW FRESH BAKED BISCUIT TOSSED SALAD JUICY PEARS</p> | <p>2 BREAKFAST CASSEROLE HASH BROWNS CARROT RAISIN SALAD FRUIT MEDLEY CINNAMON ROLL</p> |
| <p>5 SPAGHETTI W/MEAT SAUCE GARLIC BREAD SWEET CORN TOSSED SALAD PINEAPPLE</p> | <p>6 CHICKEN POT PIE BROCCOLI & CAULIFLOWER CARROT RAISIN SALAD PLUMP PEACHES</p> | <p>7 BBQ RIBS BAKED BEANS CRISP COLESLAW FRESH BAKED BISCUIT BAKED APPLES</p> | <p>8 MONTANA PASTIES STEAMED SPINACH DINNER SALAD MANDARIN ORANGES</p> | <p>9 POLISH ON A BUN POTATO SALAD COLESLAW APPLESAUCE DESSERT</p> |
| <p>12 CHICKEN NOODLE CASSEROLE GREEN BEANS TOSSED SALAD SWEET PEACHES</p> | <p>13 SWEDISH MEATBALLS ROTINI NOODLES STEAMED CARROTS GARDEN PEAS APRICOT HALVES</p> | <p>14 PIZZA BAKE PURPLE BEETS GARDEN SALAD GOLDEN PEARS</p> | <p>15 TAMALE PIE MIXED VEGETABLES MEXICAN BEANS PINEAPPLE</p> | <p>16 <u>BIRTHDAY DINNER</u> BREADED VEAL MASHED POTATOES VEGETABLE MEDLEY WHOLE GRAIN ROLL PURPLE PLUMS BIRTHDAY CAKE</p> |
| <p>19 SWEET-N-SOUR PORK BROWN RICE BROCCOLI SPEARS DINNER SALAD SWEET PEACHES</p> | <p>20 BAKED TURKEY BREAD STUFFING SWEET POTATOES GREEN BEANS CRANBERRIES</p> | <p>21 BAKED COD STEAMED CARROTS TOSSED SALAD WHOLE GRAIN ROLL MANDARIN ORANGES</p> | <p>22 BEEF TACO LETTUCE/TOMATO/SALSA REFRIED BEANS PINEAPPLE</p> | <p>23 PARMESAN CHICKEN WILD RICE CAPRI VEGETABLES GARDEN SALAD MIXED FRUIT DESSERT</p> |
| <p>26 BAKED HAM SCALLOPED POTATOES GREEN BEANS WHOLE GRAIN ROLL SPICED APPLES</p> | <p>27 WANDA'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL SWEET PEACHES</p> | <p>28 CHICKEN ALFREDO OVER NOODLES CAPRI VEGETABLES FOUR BEAN SALAD PINEAPPLE</p> | <p>29 SLOPPY JOE ON A BUN BAKED BEANS COLESLAW APPLESAUCE</p> | <p>30 GREEN CHILI PORK CASSEROLE SWEET CORN VEGGIE SALAD APPLESAUCE</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.