

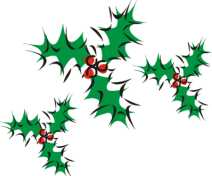

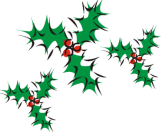



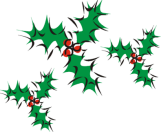


# WHITEHALL SENIOR CENTER MENU

## DECEMBER 2017

For Additional Information call 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p><b>1</b> <u>RED HAT DAY</u> 11:00 AM BRUNCH SCRAMBLED EGGS SLICED HAM HASH BROWNS SALAD &amp; JUICE BAR</p>
<p><b>4</b> BBQ CHICKEN ON A BUN SWEET POTATO FRIES GOLDEN CORN TOSSED SALAD YOGURT PARFAIT</p>	<p><b>5</b> MEATLOAF MASHED POTATOES STEAMED SPINACH GLASS NOODLE SALAD BLUEBERRY PIE</p>	<p><b>6</b> PORK ROAST SCALLOPED POTATOES MIXED VEGGIES 4 BEAN SALAD LEMON PUDDING</p>	<p><b>7</b> SWEET-N-SOUR MEATBALLS BROWN RICE STIR FRY VEGGIES BROCCOLI SLAW CRANBERRY PIE</p>	<p><b>8</b> KIELBASA POTATOES, CARROTS &amp; ONIONS VEGGIE SALAD AMBROSIA SALAD</p>
<p><b>11</b> SWEDISH MEATBALLS OVER RICE BRUSSEL SPROUTS PEA SALAD PINEAPPLE BANANA PUDDING</p>	<p><b>12</b> CHICKEN ROLLS SWEET CORN CARROT RAISIN SALAD PEACH PIE</p>	<p><b>13</b> TURKEY ALA KING OVER BISCUITS GREEN BEANS BROCCOLI SALAD GOLDEN PEARS</p>	<p><b>14</b> MEXICAN HOT DISH REFRIED BEANS ORIENTAL SALAD APPLESAUCE</p>	<p><b>15</b> <u>HAPPY BIRTHDAY DINNER</u> SPAGHETTI W/ MEAT BALLS GARLIC BREAD GREEN PEAS TOSSED GREENS FRUIT SALAD CAKE &amp; ICE CREAM</p>
<p><b>18</b> HAMBURGER STEW FRESH BAKED BISCUITS MIXED VEGGIES TOSSED SALAD WALDORF SALAD</p>	<p><b>19</b> BEEF &amp; TURKEY CHILI CORNBREAD CARROTS BROCCOLI SLAW APPLE PIE</p>	<p><b>20</b> BAKED CHICKEN SCALLOPED POTATOES STEAMED SPINACH CUCUMBER SALAD CHOCOLATE PUDDING</p>	<p><b>21</b> TUNA PATTIES SWEET POTATO FRIES RED BEAN SALAD MANDARIN ORANGES</p>	<p><b>22</b> <u>CHRISTMAS DINNER</u> BAKED HAM YAM CASSEROLE GREEN BEANS CRANBERRIES PUMPKIN PIE</p>
<p><b>25</b> <u>CLOSED</u> <u>CHRISTMAS BREAK</u></p> 	<p><b>26</b> <u>CLOSED</u> <u>CHRISTMAS BREAK</u></p> 	<p><b>27</b> <u>CLOSED</u> <u>CHRISTMAS BREAK</u></p> 	<p><b>28</b> <u>CLOSED</u> <u>CHRISTMAS BREAK</u></p> 	<p><b>29</b> <u>CLOSED</u> <u>CHRISTMAS BREAK</u></p> 

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.