








WHITEHALL SENIOR CENTER MENU - FEBRUARY 2018
FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 GOBBLER CAKES BUTTERED NOODLES STEAMED CARROTS BROCCOLI CUCUMBER SALAD BLUEBERRY PIE</p>	<p>2 <u>RED HAT DAY BRUNCH 11AM</u> SCRAMBLED EGGS SAUSAGE LINKS HASH BROWNS FRUIT & JUICE BAR CINNAMON ROLLS</p> 
<p>5 HAMBURGER STEW FRESH BAKED BISCUITS GREEN PEAS TOSSED SALAD YOGURT PARFAIT</p>	<p>6 PORK ROAST MASHED POTATOES STEAMED SPINACH CORN SALAD APPLESAUCE</p>	<p>7 MEAT LASAGNA GARLIC TOAST CAPRI VEGGIES BAKED APPLES CUSTARD</p>	<p>8 BEEF TACOS SPANISH RICE REFRIED BEANS TOSSED SALAD CRANBERRY PIE</p>	<p>9 HOT DOGS BAKED BEANS CARROT COINS MACARONI SALAD FRUIT COCKTAIL</p>
<p>12 HUNGARIAN GOULASH GARLIC TOAST MIXED VEGGIES TOSSED SALAD MANDARIN ORANGES FRUIT TORTE</p>	<p>13 COTTAGE PIE W/MASHED POTATOES GARDEN PEAS CUCUMBER SALAD APPLE CRISP</p>	<p>14 <u>VALENTINE'S DAY DINNER</u> STUFFED CHICKEN BREAST SCALLOPED POTATOES STEAMED CAULIFLOWER CHERRY COKE SALAD SWEET PEACHES</p>	<p>15 RIBS & SAUERKRAUT MARINATED CARROTS SWEET POTATO SALAD APRICOT HALVES LEMON BARS</p>	<p>16 BAKED COD BROWN RICE GREEN BEANS BROCCOLI SALAD 4 BEAN SALAD</p>
<p>19 <u>CLOSED</u> <u>PRESIDENT'S DAY</u></p> 	<p>20 BAKED HAM SCALLOPED POTATOES BBQ BEANS CAPRI VEGGIES BAKED APPLES</p>	<p>21 LEMON PEPPER CHICKEN OVER NOODLES STEAMED CAULIFLOWER QUICK CUKES PEACH COBBLER</p>	<p>22 SWEET-N-SOUR PORK OVER RICE STIR FRY VEGGIES GOLDEN CORN ORANGE COTTAGE CHEESE SALAD CHOCOLATE PUDDING</p>	<p>23 <u>BIRTHDAY DINNER</u> CHICKEN FRIED STEAK MASHED POTATOES STEAMED BROCCOLI ZESTY PINEAPPLE CAKE & ICE CREAM</p>
<p>26 SWEDISH MEATBALLS OVER RICE GREEN BEANS PICKLED BEETS JUICY PEACHES</p>	<p>27 BBQ PORK ON A BUN SWEET POTATO FRIES SWEET CORN COLESLAW RICE PUDDING</p>	<p>28 CHICKEN ENCHILADAS SPANISH RICE REFRIED BEANS BLUSHING PEARS CRANBERRY CRISP</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.