





Whitehall Senior Center Menu July 2017

FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 CLOSED</p> 	<p>4 CLOSED</p> 	<p>5 FRIED CHICKEN OVEN RED POTATOES GREEN BEANS FOUR BEAN SALAD APPLE PIE</p>	<p>6 KIELBASA STEAMED POTATOES CARROTS & ONIONS FRESH FRUIT SALAD BROWNIES</p>	<p>7 <u>RED HAT DAY</u> SAUSAGE SCRAMBLED EGGS FRENCH TOAST HASH BROWNS SALAD BAR</p>
<p>10 CHILI BURGERS SWEET POTATO FRIES CORN SALAD PEACHES YOGURT PARFAIT</p>	<p>11 TURKEY CORDON BLEU OVER NOODLES COOKED CARROTS SOUR CREAM GREEN SALAD STRAWBERRY PIE</p>	<p>12 CORNEB BEEF & CABBAGE POTATOES & CARROTS SUNFLOWER PINEAPPLE SLAW JUICY PEARS</p>	<p>13 SWEET & SOUR CHICKEN BROWN RICE STIR FRIED VEGGIES GREEN PEAS MANDARIN ORANGES</p>	<p>14 BAKED POTATO BAR CHEF'S CHOICE MEAT SALAD BAR MIXED FRUIT ICE CREAM</p>
<p>17 PORK ROAST SCALLOPED POTATOES GREEN BEANS TOSSED SALAD APPLESAUCE</p>	<p>18 TUNA PATTIES RICE PILAF ORIENTAL SALAD BRUSSEL SPROUTS FRUIT SALAD SHERBET</p>	<p>19 POLISH DOGS SAUERKRAUT TATER TOTS CARROT COINS PINEAPPLE YOGURT AMBROSIA</p>	<p>20 MEATLOAF MASHED POTATOES MIXED VEGGIES SWEET PEACHES LIME COKE SALAD</p>	<p>21 <u>BIRTHDAY DINNER</u> SPAGHETTI W/MEAT SAUCE GARLIC TOAST FROG EYE SALAD GREEN SALAD MANDARIN ORANGES CAKE & ICE CREAM</p>
<p>24 HAMBURGER STROGANOFF OVER NOODLES STEAMED CARROTS GREEN PEACE SALAD APRICOTS</p>	<p>25 RUEBEN CASSEROLE SWEET CORN SWEET POTATO FRIES GOLDEN PEARS LIME FLUFF SALAD</p>	<p>26 CABBAGE ROLL CASSEROLE MIXED VEGGIES SWEET POTATO SALAD PLUMP PEACHES</p>	<p>27 CHICKEN TACOS SPANISH RICE REFRIED BEANS TOSSED SALAD SUMMER MELON</p>	<p>28 CHEF'S CHOICE ENTRÉE COOKED VEGGIES FRESH SALAD FRUIT IN SEASON CHEF'S CHOICE DESSERT</p>
<p>31 HUNGARIAN GOULASH GARLIC TOAST FLORET SALAD JUICY PEACHES BUTTERSCOTCH PUDDING</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, R.D.N.

MEALS ARE SERVED WITH LOW FAT MILK, COFFEE, JUICE, WHOLE GRAIN BREAD AND MARGARINE.