

Whitehall Senior Center Menu June 2017

FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>FISH PATTIES MAC-N-CHEESE CARROT COINS TOSSED SALAD FRUIT TOSS</p>	<p>2</p> <p><u>RED HAT DAY 11:00 AM BRUNCH</u> HAM SLICE SCRAMBLED EGGS HASH BROWNS SALAD BAR JUICE BAR</p>
<p>5</p> <p>SLOPPY JOES ON A BUN SWEET POTATO FRIES GOLDEN CORN AMBROSIA</p>	<p>6</p> <p>GOBBLER CAKES OVER NOODLES STEAMED BROCCOLI GARDEN SALAD ORANGE PRETZEL SALAD</p>	<p>7</p> <p>BAKED CHICKEN SCALLOPED POTATOES BBQ BEANS CHAMPAGNE SALAD</p>	<p>8</p> <p>HOT DOGS TATER TOTS SAUERKRAUT SALAD MELON SLICES</p>	<p>9</p> <p>BREADED VEAL MASHED POTATOES CAULIFLOWER MACARONI SALAD BLUEBERRY PIE</p>
<p>12</p> <p>HOBO STEW FRESH BAKED BISCUIT BBQ BEANS QUICK CUKES CHOCOLATE PUDDING</p>	<p>13</p> <p>SALISBURY STEAK MASHED POTATOES STEAMED SPINACH BROCCOLI SLAW</p>	<p>14</p> <p>SWEET N' SOUR MEATBALLS BROWN RICE STIR FRY VEGGIES TOSSED SALAD COTTAGE CHEESE & PINEAPPLE</p>	<p>15</p> <p><u>FATHER'S DAY DINNER</u> BBQ RIBS W/SAUERKRAUT SWEET CORN POTATO SALAD STRAWBERRY SHORTCAKE</p>	<p>16</p>  <p>STAFF TRAINING</p>
<p>19</p> <p>BBQ BEEF ON A BUN TATER TOTS GREEN BEANS APPLESAUCE</p>	<p>20</p> <p>ORANGE BAKED CHICKEN SCALLOPED POTATOES GREEN PEAS COLESLAW</p>	<p>21</p> <p>TURKEY HOT DISH COOKED CARROTS TREASURE BROCCOLI SALAD CRANBERRIES BROWNIE</p>	<p>22</p> <p>CHICKEN FRIED STEAK MASHED POTATOES GOLDEN CORN GREEK SALAD</p>	<p>23</p> <p><u>BIRTHDAY DINNER</u> HAM & SCALLOPED POTATOES GREEN BEANS 4 BEAN SALAD CAKE & ICE CREAM</p>
<p>26</p> <p>SPAGHETTI W/MEATBALLS GARLIC TOAST GARDEN PEAS TOSSED SALAD PEACHES</p>	<p>27</p> <p>BURRITO BAKE REFRIED BEANS SPANISH RICE SWEET CORN APPLE CRISP</p>	<p>28</p> <p>CHICKEN PARMESAN OVER NOODLES CAULIFLOWER GOLDEN PEARS BANANA CREAM PIE</p>	<p>29</p> <p>BEEF ROAST MASHED POTATOES MIXED VEGGIES LIME CUKE SALAD APPLESAUCE</p>	<p>30</p> <p>COOK'S CHOICE ENTRÉE SOUP AND SALADS RAINBOW CAKE</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.