

 **WHITEHALL SENIOR CENTER MENU** 
MARCH 2017-FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BAKED CHICKEN SCALLOPED POTATOES BROCCOLI SLAW CHERRY PIE	2 SWEET & SOUR PORK OVER BROWN RICE STIR FRY VEGGIES 4 BEAN SALAD SWEET PEACHES	3 <u>RED HAT DAY-BRUNCH 11:00</u> SAUSAGE LINKS SCRAMBLED EGGS HASH BROWNS ASSORTED SALADS & FRUIT
6 TURKEY CORDON BLUE OVER NOODLES MIXED VEGETABLES CRISPY COLESLAW MANDARIN ORANGES VANILLA PUDDING	7 PORK ROAST SCALLOPED POTATOES CARROT COINS FRITO BEAN SALAD APPLESAUCE	8 MEATLOAF MASHED POTATOES STEAMED SPINACH CAULIFLOWER SALAD APPLE CRISP	9 HAMBURGER STROGANOFF OVER NOODLES GOLDEN CORN SALLY'S BROCCOLI SALAD FRUIT COCKTAIL	10 FISH PATTIES MAC & CHEESE CALIFORNIA VEGGIES TOSSED SALAD W/ BEANS ZESTY PINEAPPLE COOK'S CHOICE DESSERT
13 HAMBURGER STEW FRESH BAKED BISCUITS MIXED VEGETABLES CARROT RAISIN SALAD APRICOTS	14 BAKED CHICKEN SCALLOPED POTATOES BROCCOLI SALAD PEACH PIE	15 SPAGHETTI W/ MEAT SAUCE GARLIC TOAST GREEN PEAS TOSSED SALAD W/ BEANS FRUIT SALAD	16 SALISBURY STEAKS MASHED POTATOES SWEET CORN RAMEN COLESLAW CARROT CAKE	 17 <u>ST. PATRICK'S DAY</u>  CORNEB BEEF & CABBAGE IRISH POTATOES LUCKY CARROTS GREEN SALAD BLARNEY STONES
20 BBQ CHICKEN ON A BUN TATER TOTS BAKED BEANS COLESLAW	21 SWISS STEAK BOILED POTATOES GOLDEN CORN RICE SALAD APPLESAUCE	22 COTTAGE PIE STEAMED CARROTS TREASURE BROCCOLI SALAD MANDARIN ORANGES SWISS APPLE CAKE	23 BEEF GOULASH GARLIC TOAST MIXED VEGGIES TOSSED SALAD CRANBERRY BARS	24 <u>BIRTHDAY DINNER</u> BAKED COD RICE PILAF CAULIFLOWER & PEAS FOUR BEAN SALAD SWEET PEACHES CAKE & ICE CREAM
27 CHILI CON CARNE CORN BREAD SWEET CORN TOSSED SALAD PEACHES	28 KIELBASA POTATOES, CARROTS & ONIONS GOLDEN PEARS CORN CHIP SALAD STRAWBERRY CREAM PIE	29 MEAT LASAGNA GARLIC TOAST GARDEN PEAS BROCCOLI SALAD BAKED APPLES	30 WANDA'S PASTIES MIXED VEGGIES CRISPY COLESLAW FRUIT TORTE	31 TUNA PATTIES BROWN RICE CAPRI VEGGIES CUKE SALAD CHERRY COBBLER

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.