






 **WHITEHALL SENIOR CENTER MENU** 
MARCH 2018-FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 PEPPER STEAK BOILED POTATOES PORK-N-BEANS TOSSED SALAD ORANGE COTTAGE CHEESE	2 <u>RED HAT DAY-BRUNCH 11:00</u> HAM SLICE SCRAMBLED EGGS HASH BROWNS ASSORTED SALADS & FRUIT CINNAMON ROLLS JUICE BAR
5 SPAGHETTI w/MEAT SAUCE GARLIC TOAST GREEN PEAS TOSSED SALAD w/BEANS PINEAPPLE TAPIOCA PUDDING	6 BAKED CHICKEN SCALLOPED POTATOES CARROT COINS BROCCOLI SALAD APPLE CRISP	7 BAKED TURKEY MASHED POTATOES GREEN BEANS SWEET POTATO SALAD CRANBERRIES	8 HAWAIIAN PORK ROAST RED OVEN POTATOES GOLDEN CORN PASTA SALAD BAKED APPLES	9 TUNA SQUARES RICE PILAF CAPRI VEGGIES MIXED FRUIT BLUEBERRY PIE
12 CHILI CON CARNE CORNBREAD SWEET CORN COLESLAW PEACHES	13 SALISBURY STEAKS MASHED POTATOES MIXED VEGGIES TOMATO CUKE SALAD APPLESAUCE	14 CHICKEN POT PIE CALICO BEANS CALIFORNIA VEGGIES GOLDEN PEARS BROWNIES	15 MEAT LASAGNA GARLIC TOAST GREEN BEANS TOSSED SALAD HAWAIIAN SALAD	 16 <u>ST. PAT'S DINNER</u>  CORNED BEEF & CABBAGE IRISH POTATOES LUCKY CARROTS SALAD & FRUIT BLARNEY STONE CAKE
19 BURRITO BAKE w/REFRIED BEANS SPANISH RICE TOSSED SALAD PINEAPPLE	20 OVEN FRIED CHICKEN PARSLEY NOODLES MIXED VEGGIES COLESLAW PEACHES	21 BEEF GOULASH GARLIC TOAST GOLDEN CORN CREAMY CRANBERRY SALAD APPLE PUDDING	22 REUBEN CASSEROLE BRUSSEL SPROUTS 4 BEAN SALAD CHERRY COBBLER	23 <u>BIRTHDAY DINNER</u> BAKED COD SCALLOPED POTATOES GREEN BEANS BROCCOLI SLAW CAKE & ICE CREAM
26 HAMBURGER STROGANOFF BUTTER NOODLES BLACK BEANS & CORN GARDEN SALAD WALDORF SALAD	27 LEMON PEPPER CHICKEN BROWN RICE STIR FRY VEGGIES RAMEN COLESLAW FRUIT TOSS STRAWBERRY CREAM PIE	28 HAMBURGER STEAKS MASHED POTATOES STEAMED CARROTS LIME CUKE SALAD CRANBERRY PIE	29 POLISH DOGS SAUERKRAUT TATER TOTS CORN CHIP SALAD BLUSHING PEARS	30 <u>EASTER DINNER</u> BAKED HAM SCALLOPED POTATOES SMOTHERED GREEN BEANS FROG EYE SALAD RAINBOW CAKE

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.