
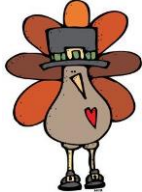






WHITEHALL SENIOR CENTER MENU

NOVEMBER 2017

For Additional Information call 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 MEAT LOAF MASHED POTATOES CARROT COINS RAMEN COLESLAW GOLDEN PEARS	2 PEPPER STEAK BOILED POTATOES GARDEN PEAS 4 BEAN SALAD PINEAPPLE	3 <u>RED HAT DAY</u> 11:00 AM BRUNCH SCRAMBLED EGGS HASH BROWNS CINNAMON ROLLS FRUIT & JUICE BAR
6 BBQ CHICKEN ON A BUN SCALLOPED POTATOES GOLDEN CORN TOSSED SALAD BERRY YOGURT PARFAIT	7 SWISS STEAK BOILED POTATOES & CARROTS BAKED BEANS WALDORF SALAD	8 PORK ROAST GLASS NOODLES GREEN BEANS COLESLAW APPLESAUCE	9 BURRITO BAKE W/REFRIED BEANS BRUSSEL SPROUTS CARROT RAISIN SALAD APPLE PIE	10 <u>CLOSED – VETERAN'S DAY</u> 
13 SPAGHETTI W/MEAT SAUCE GARLIC TOAST CARROT SALAD JUICY PEACHES VANILLA PUDDING	14 BAKED CHICKEN MASHED POTATOES DICED BEETS TOSSED SALAD	15 FISH PATTY SCALLOPED POTATOES CALICO BEANS BANANA SPLIT SALAD	16 SWEET-N-SOUR PORK OVER RICE PEPPERS & ONIONS ORANGE COTTAGE CHEESE SALAD APRICOTS	17 <u>HAPPY BIRTHDAY DINNER</u> BBQ CHICKEN MASHED POTATOES GREEN BEAN CASSEROLE TOSSED SALAD CAKE & ICE CREAM
20 SLOPPY JOES ON A BUN TATER TOTS SWEET CORN TOSSED SALAD CHOCOLATE PUDDING	21 CHICKEN POT PIE BAKED BEANS CAULIFLOWER BROCCOLI SALAD	22 <u>THANKSGIVING DINNER</u> ROASTED TURKEY MASHED POTATOES BREAD STUFFING GREEN BEANS CRANBERRIES PUMPKIN PIE	23 <u>CLOSED</u> 	24 <u>CLOSED</u> 
27 TURKEY ALA KING OVER BISCUITS CARROT COINS SWEET PEACHES LEMON SALAD	28 CHILI CON CARNE CORN BREAD SWEET POTATO SALAD GOLDEN CORN APPLESAUCE CHOCOLATE CAKE	29 BAKED COD BUTTER NOODLES GREEN PEAS GREEK SALAD PINEAPPLE FRUIT TORTE	30 SALISBURY STEAK MASHED POTATOES GREEN BEANS BAKED APPLES	

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.