

# WHITEHALL SENIOR CENTER MENU OCTOBER 2017



For Additional Information call 287-5336

| MONDAY                                                                                             | TUESDAY                                                                                     | WEDNESDAY                                                                                                | THURSDAY                                                                                             | FRIDAY                                                                                                          |
|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| 2<br>BAKED CHICKEN<br>SCALLOPED POTATOES<br>STEAMED CARROTS<br>GLASS NOODLE SALAD<br>SWEET PEACHES | 3<br>SLOPPY JOES<br>SWEET POTATO FRIES<br>BAKED BEANS<br>BROCCOLI SALAD<br>BANANA CREAM PIE | 4<br>PORK ROAST<br>OVEN RED POTATOES<br>GREEK SALAD<br>APPLESAUCE<br>BROWNIES                            | 5<br>SWEET-N-SOUR CHICKEN<br>BROWN RICE<br>STIR FRY VEGGIES<br>CAULIFLOWER SALAD<br>MANDARIN ORANGES | 6<br><u>RED HAT DAY BRUNCH 11:00</u><br>SCRAMBLED EGGS<br>CRISPY BACON<br>HASH BROWNS<br>FRUIT & JUICE BAR      |
| 9<br>FISH PATTY<br>PARSLEY NOODLES<br>GARDEN PEAS<br>GARDEN SALAD<br>FRUIT TOSS                    | 10<br>CHICKEN FRIED STEAK<br>MASHED POTATOES<br>GREEN BEANS<br>STRAWBERRY PIE               | 11<br>CHICKEN POT PIE<br>BROCCOLI SPEARS<br>4-BEAN SALAD<br>APRICOT HALVES<br>CHOCOLATE CAKE             | 12<br>HAMBURGER STEAK<br>MASHED POTATOES<br>GOLDEN CORN<br>MACARONI SALAD<br>PINEAPPLE               | 13<br>POLISH DOGS<br>SAUERKRAUT<br>TATER TOTS<br>AMBROSIA SALAD                                                 |
| 16<br>BURGER STROGANOFF<br>OVER NOODLES<br>MIXED VEGGIES<br>GARDEN SALAD W/BEANS<br>SWEET PEACHES  | 17<br>PORK STEW<br>BRUSSEL SPROUTS<br>SALLY'S BROCCOLI SALAD<br>CRANBERRY APPLE PIE         | 18<br>BAKED CHICKEN<br>SCALLOPED POTATOES<br>STEAMED SPINACH<br>COTTAGE CHEESE SALAD<br>MANDARIN ORANGES | 19<br>TURKEY HOT DISH<br>OVER STUFFING<br>SWEET YAMS<br>GREEN BEANS<br>PEACH CRISP                   | 20<br><u>BIRTHDAY DINNER</u><br>ITALIAN LASAGNA<br>GARLIC BREAD<br>GARDEN PEAS<br>SALAD BAR<br>CAKE & ICE CREAM |
| 23<br>BAKED CHICKEN OVER RICE<br>CARROT COINS<br>COLESLAW<br>PINEAPPLE<br>CAKE                     | 24<br>HAM & SCALLOPED<br>POTATOES<br>BROCCOLI SLAW<br>FOUR BEAN SALAD<br>BAKED APPLES       | 25<br>BAKED COD<br>BUTTERED NOODLES<br>STEAMED BROCCOLI<br>CARROT RAISIN SALAD<br>CHERRY COBBLER         | 26<br>SALISBURY STEAK<br>RED POTATOES<br>MIXED VEGGIES<br>WALDORF SALAD                              | 27<br>ROAST BEEF<br>MASHED POTATOES<br>GOLDEN CORN<br>CINNAMON APPLESAUCE                                       |
| 30<br>SWEDISH MEATBALLS<br>OVER RICE<br>GREEN BEANS<br>TOSSED SALAD<br>PEACHES                     | 31<br>OVEN FRIED CHICKEN<br>BAKED POTATOES<br>BBQ BEANS<br>BAKED APPLES<br>SPIDER 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.