

# Whitehall Senior Center Menu

## September 2017-FOR RESERVATIONS CALL 287-5336

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
|   |                   |   |                                  | 1<br>CORNED BEEF & CABBAGE<br>POTATOES & CARROTS<br>MIXED FRUIT<br>CAKE   |
| 4<br><b>CLOSED</b><br>       | 5<br>HOT DOGS & HAMBURGERS<br>BAKED BEANS<br>SWEET CORN<br>MACARONI SALAD<br>WATERMELON            | 6<br>TURKEY A LA KING<br>OVER NOODLES<br>GREEN BEANS<br>SWEET POTATO SALAD<br>PLUMP PEACHES | 7<br>SWEET & SOUR PORK<br>BROWN RICE<br>CARROT COINS<br>ORIENTAL SALAD<br>MANDARIN ORANGES<br>CHEF'S CHOICE DESSERT | 8<br><u>RED HAT DAY</u><br>SCRAMBLED EGGS & HAM<br>HASH BROWNS<br>CINNAMON ROLL<br>FRUIT AND JUICE BAR              |
| 11<br>HOB0 HAMBURGER STEW<br>FRESH BAKED BISCUITS<br>STICKS & STONES SALAD<br>BAKED APPLES<br>VANILLA PUDDING | 12<br>BAKED CHICKEN<br>SCALLOPED POTATOES<br>TREASURE BROCCOLI SALAD<br>ZESTY PINEAPPLE            | 13<br>MEATLOAF<br>MASHED POTATOES<br>MIXED VEGGIES<br>APPLE PIE                             | 14<br>TACOS<br>LETTUCE & TOMATOES<br>SPANISH RICE<br>REFRIED BEANS<br>LEMON LIME JELLO SALAD                        | 15<br>BBQ RIBS<br>SAUERKRAUT<br>HARVEST SALAD<br>MARINATED CARROTS<br>FRUIT COCKTAIL                                |
| 18<br>PORK BITS IN GRAVY<br>GREEN PEAS<br>STEAMED SPINACH<br>AMBROSIA SALAD                                   | 19<br>SALISBURY STEAK<br>MASHED POTATOES<br>MIXED VEGGIES<br>CAULIFLOWER SALAD                     | 20<br>TURKEY CHILI<br>CORNBREAD<br>STEAMED BROCCOLI<br>GREEK SALAD<br>PUMPKIN PIE           | 21<br>ROASTED CHICKEN<br>BAKED POTATO<br>CARROT COINS<br>PASTA TOSS<br>JUICY PEARS                                  | 22<br><u>BIRTHDAY DINNER</u><br>BREADED VEAL<br>MASHED POTATOES<br>GOLDEN CORN<br>SWEET PEACHES<br>CAKE & ICE CREAM |
| 25<br>BAKED COD<br>BUTTERED NOODLES<br>ROASTED CABBAGE<br>TOSSED SALAD W/BEANS<br>AMBROSIA SALAD              | 26<br>SWISS STEAKS<br>BAKED POTATOES<br>CALIFORNIA VEGGIES<br>CARROT RAISIN SALAD<br>LEMON PUDDING | 27<br>PORK ROAST<br>SCALLOPED POTATOES<br>SWEET CORN<br>BROCCOLI SLAW<br>BAKED APPLES       | 28<br>TURKEY CORDON BLEU<br>OVER NOODLES<br>GREEN BEANS<br>CUCUMBER SALAD<br>MANDARIN ORANGES                       | 29<br>MONTANA PASTIES<br>MIXED VEGGIES<br>COLESLAW<br>MIXED FRUIT<br>CARROT 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.