


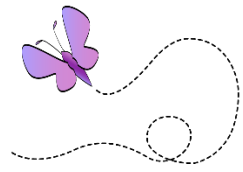
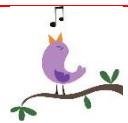


# WHITEHALL SENIOR CENTER MENU

## APRIL 2017-FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3 PEPPER STEAK SCALLOPED POTATOES CRISPY COLESLAW ZESTY PINEAPPLE	4 REUBEN CASSEROLE GOLDEN CORN FRITO BEAN SALAD BROCCOLI SLAW ORANGE CREAM PIE	5 LEMON PEPPER CHICKEN PASTA TOSS MASHED POTATOES STEAMED CAULIFLOWER APPLE CRISP	6 HAMBURGER STEW FRESH BAKED BISCUIT BBQ BEANS CUCUMBER SALAD JUICY PEARS	7 <u>RED HAT DAY BRUNCH 11 A.M.</u> SCRAMBLED EGGS SLICED HAM HASH BROWNS ASSORTED SALADS JUICE BAR
10 BAKED CHICKEN SCALLOPED POTATOES STEAMED SPINACH SWEET PEACHES VANILLA PUDDING	11 TURKEY CORDON BLUE OVER NOODLES GREEN BEANS 4 BEAN SALAD FRUIT COCKTAIL	12 PORK ROAST SAUERKRAUT BOILED POTATOES SALLY'S BROCCOLI SALAD PEACH PIE	13 BEEF TACOS (LETTUCE & TOMATO) SPANISH RICE REFRIED BEANS BLUSHING PEARS	14 <u>EASTER DINNER</u> BAKED COD FRENCH BREAD SCALLOPED POTATOES MIXED VEGGIES FRUIT SALAD CUPCAKES
17 SPAGHETTI w/ MEAT SAUCE GARLIC BREAD GREEN PEAS TOSSED SALAD PEACHES	18 SWEDISH MEATBALLS MASHED POTATOES BBQ BEANS BROCCOLI SALAD BLACK CHERRY CREAM PIE	19 FISH PATTIES ON A BUN BUTTERED NOODLES BRUSSEL SPROUTS CARROT RAISIN SALAD APRICOTS	20 SWEET N' SOUR CHICKEN RICE PILAF MIXED VEGGIES CAULIFLOWER SALAD MANDARIN ORANGES	21 <u>BIRTHDAY DINNER</u> ITALIAN LASAGNA GARLIC BREAD SWEET CORN FROG EYE SALAD GOLDEN PEARS CAKE & ICE CREAM
24 BBQ PORK ON A BUN RANCH BEANS SWEET POTATO FRIES APPLESAUCE CARROT CAKE	25 HUNGARIAN GOULASH GARLIC BREAD TOSSED SALAD PINEAPPLE PUMPKIN PIE	26 GOBBLER CAKES W/GRAVY OVER NOODLES GREEN BEANS FRUIT TOSS BAKED APPLES	27 SALISBURY STEAK MASHED POTATOES 4 BEAN SALAD JUICY PEARS	28 CORNED BEEF & CABBAGE POTATOES & CARROTS SWEET PEACHES COOK'S CHOICE DESSERT

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.