

# Whitehall Senior Center Menu

## August 2017-FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 BREADED VEAL MASHED POTATOES STEAMED CARROTS TOMATO CUCUMBER SALAD BROWNIES</p>	<p>2 HAMBURGERS BAKED BEANS POTATO SALAD WATERMELON ICE CREAM</p>	<p>3 FISH PATTIES BUTTERED NOODLES GREEN BEANS CAULIFLOWER SALAD BAKED APPLES</p>	<p>4 <u>RED HAT DAY BRUNCH (11 AM)</u> CHEESE &amp; BROCCOLI FRITTATA PANCAKES HASH BROWNS FRUIT JUICE BAR</p>
<p>7 HOT DOGS BAKED BEANS GOLDEN CORN TAPIOCA MACARONI SALAD APRICOT HALVES</p>	<p>8 HAMBURGER STEAK MASHED POTATOES STEAMED BROCCOLI PASTA SALAD SWEET PEARS</p>	<p>9 HAM POT PIE MIXED VEGGIES APPLESAUCE CUSTARD</p>	<p>10 WANDA'S PASTIES GREEN PEAS COLESLAW SWEET PEACHES RHUBARB CAKE</p>	<p>11 BAKED CHICKEN SOUP &amp; SALAD BAR CUCUMBER SALAD MIXED FRUIT</p>
<p>14 SWEDISH MEATBALLS OVER RICE CAULIFLOWER &amp; PEAS RAMEN COLESLAW APPLESAUCE</p>	<p>15 HONEY MUSTARD BAKED CHICKEN SCALLOPED POTATOES PICKLED BEETS PUMPKIN PIE</p>	<p>16 TURKEY CORDON BLEU OVER NOODLES SWEET YAMS GARDEN SALAD PEACH SALAD</p>	<p>17 TUNA SQUARES BAKED POTATO STEAMED SPINACH APRICOTS RAISIN SQUARE</p>	<p>18 <u>BIRTHDAY DINNER</u> CHICKEN FRIED STEAK MASHED POTATOES STEAMED BROCCOLI 4 BEAN SALAD CAKE &amp; ICE CREAM</p>
<p>21 BBQ CHICKEN ON A BUN SWEET POTATO FRIES ZUCCHINI CASSEROLE 4 BEAN SALAD VANILLA PUDDING</p>	<p>22 PORK STEW FRESH BAKED BISCUITS SCALLOPED POTATOES CARROT COINS GRAPE SALAD</p>	<p>23 SLOPPY JOES TATER TOTS STEAMED CAULIFLOWER WALDORF SALAD</p>	<p>24 ORANGE CHICKEN OVER RED POTATOES ZUCCHINI CASSEROLE BBQ BEAN SALAD CHEF'S CHOICE DESSERT</p>	<p>25 BAKED COD RICE PILAF GREEN BEANS SPINACH SALAD APPLE PIE</p>
<p>28 CHILI CON CARNE CORN BREAD DICED BEETS BROCCOLI BACON SALAD BAKED APPLES</p>	<p>29 HAMBURGER STROGANOFF OVER NOODLES RANCH BEANS CARROT RAISIN SALAD JUICY PEARS</p>	<p>30 PORK ROAST SWEET YAMS GREEK SALAD APPLESAUCE OATMEAL CAKE</p>	<p>31 BAKED CHICKEN OVER RICE WITH MUSHROOM SOUP GOLDEN CORN SWEET PEACHES</p>	

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.**