


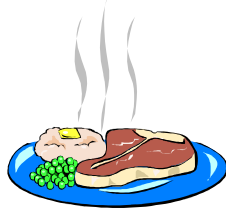
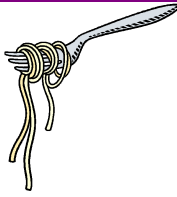


WHITEHALL SENIOR CENTER MENU

FEBRUARY-2012-FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		-1- MEATLOAF MASHED POTATOES GOLDEN CORN CAULIFLOWER SALAD CARROT RAISIN SALAD PEACHES OATMEAL CAKE	-2- GOULASH WITH KIDNEY BEANS GARDEN PEAS COLESLAW MIXED FRUIT GARLIC TOAST BROCCOLI SALAD BREAD PUDDING	-3- BAKED CHICKEN ROASTED RED POTATOES GREEN BEANS LIME FLUFF SALAD APRICOTS BISCUITS CARROT CAKE
-6- SALISBURY STEAK OVER RICE STEAMED SPINACH TOSSED SALAD W/ GARBANZOES CRANBERRIES PEACHES LEMON PUDDING	-7- KIELBASA POTATOES, ONIONS, CARROTS SAUERKRAUT SALAD PEA SALAD PEARS PEACH COBBLER	-8- TURKEY ROAST MASHED POTATOES YUMMY YAMS BROCCOLI ORANGE SALAD CRANBERRY SALAD APPLE CRISP	-9- CHILI W/ BEANS CORN BREAD HOT APPLES COLESLAW CUCUMBER SALAD CRANBERRY FRUIT SALAD LEMON CAKE	-10- <u>RED HAT DAY BRUNCH</u> CINNAMON ROLLS SLICED HAM HASHBROWNS SCRAMBLED EGGS ASSORTED SALADS JUICE & FRUIT BAR
-13- TURKEY A LA KING W/BISCUITS GARDEN PEAS QUICK CUKES 4- BEAN SALAD PEACHES AND PEARS AMBROSIA BROWNIES	-14- <u>VALENTINES DAY</u> STUFFED CHICKEN BREAST SCALLOPED POTATOES CALIFORNIA MIX VEGGIES FROG EYE SALAD STRAWBERRY SHORT CAKE	-15- BEEF STEW W/ CORN BREAD MIXED VEGGIES RAMEN COLESLAW APPLE SALAD BEAN SALAD APRICOTS COOKIE PUDDING	-16- TUNA BAKE GINGER CARROTS BROCCOLI SLAW COTTAGE CHEESE & PINEAPPLE PICKLED BEETS CHERRY SALAD OATMEAL CAKE	-17- PORK CHOPS RICE PILAF CAPRI VEGGIES CINNAMON ROLLS COLESLAW PUMPKIN PIE
-20- PRESIDENT'S DAY CLOSED 	-21- SLOPPY JOES ON A BUN TATER TRIANGLES BAKED BEANS TOSSED GREEN SALAD FRUIT COCKTAIL COOK'S CHOICE DESSERT	-22- LEMON GARLIC CHICKEN PARSLEY NOODLES PEAS AND CARROTS SPICED APPLES FRUIT SALAD TACO SALAD PISTACHIO PUDDING	-23- REUBEN CASSEROLE GOLDEN CORN LIME - CUKE SALAD RED AND WHITE SALAD HARVEST FRUIT SALAD CUSTARD	-24- <u>BIRHTDAY DINNER</u> SPAGHETTI W/ MEATBALLS BROCCOLI TOSSED SALAD GARLIC TOAST ASSORTED SALADS PEACHES CAKE AND ICE CREAM
-27- TATER BRAT BAKE MIXED VEGETABLES GRANDMA'S FRUIT SALAD CINNAMON APPLE SALAD CABBAGE SLAW VANILLA PUDDING	-28- JOHNNY MARZETTI CASSEROLE PETITE PEAS LEMON- LIME SALAD BLT SALAD PEACHES FRUIT YOGURT PIE	-29- BEEF ROAST MASHED POTATOES PARSLEY CARROTS 4 -BEAN SLAD BLUSHING APPLE SALAD FRUIT PASTA TOSS PEACH CRISP		

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, Lin Pasch, RD, Lin Pasch R.D.. Every meal served with rolls or bread, milk, soup or salad. Menu subject to change. Soup with beans is served at least one time per week