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| **WHITEHALL SENIOR NUTRITION MENU - OCTOBER 2024**LUNCH IS SERVED FROM 11:30 AM – 12:30 PM - FOR MORE INFORMATION CALL – (406) 287-5336\*This menu is subject to change due to product availability |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| http://ts1.mm.bing.net/th?&id=HN.608024699142409493&w=300&h=300&c=0&pid=1.9&rs=0&p=0 | **1****ORANGE CHICKEN** **BROWN RICE****BROCCOLI & CAULIFLOWER****CARROT COINS****MANDARIN ORANGES** | **2****COTTAGE PIE** **WILTED SPINACH****WHOLE GRAIN ROLL****SWEET PEACHES**  | **3****WHITE CHICKEN CHILI****WHOLE GRAIN ROLL****SWEET CORN****VEGGIE SALAD** **APPLESAUCE** | **4****EGGS W/HAM** **DICED POTATOES****VEGGIE SALAD****FRESH FRUIT****CINNAMON ROLL** |
| **7****PORK BITS IN GRAVY****BROWN RICE****GREEN BEANS****GARDEN SALAD****APPLESAUCE** | **8****FISH PATTY** **MEDITERRANEAN PASTA SALAD****PURPLE BEETS****COLESLAW****FRUIT COCKTAIL** | **9****CHICKEN ENCHILADA****REFRIED BEANS****MEXICAN VEGGIES****ZESTY PINEAPPLE**  | **10****BEEF VEGETABLE STEW****FRESH BAKED BISCUIT** **CARROT RAISIN SALAD****GOLDEN PEARS** | **11****BEEF LASAGNA** **GARLIC TOAST****GOLDEN CORN****TOSSED SALAD W/BEANS****SWEET PEACHES** **DESSERT** |
| **14****CLOSED** | **15****CHICKEN STIR FRY****BROWN RICE****SWEET POTATO****GREEN BEANS****CRANBERRIES**  | **16****SALISBURY STEAK****MASHED POTATOES****CAPRI VEGETABLES****WHOLE GRAIN ROLL****JUICY PEACHES** | **17****SWEET-N-SOUR CHICKEN****WILD RICE****ORIENTAL VEGETABLES****GARDEN SALAD** **MANDARIN ORANGES**  | **18**BIRTHDAY DINNER**MONTANA PASTIES** **5 WAY MIXED VEGGIES****TOSSED SALAD****FRUIT SALAD****BIRTHDAY CAKE** |
| **21****BBQ PORK****ON A BUN** **BAKED BEANS****COLESLAW****PINEAPPLE** | **22****HAMBURGER GRAVY****OVER EGG NOODLES****GARDEN PEAS****CARROT RAISIN SALAD****GOLDEN PEARS** | **23****BAKED CHICKEN****RICE PILAF****CAPRI VEGETABLES****BRUSSELS SPROUTS****APRICOT HALVES** | **24****BURRITO BAKE****LETTUCE, TOMATO, SALSA****MEXICAN CORN****SWEET PEACHES**  | **25****CHICKEN NOODLE SOUP****PICKLED BEETS****TOSSED SALAD****FRUIT COCKTAIL****DESSERT** |
| **28****BEEF POT PIE****DICED BEETS****DINNER SALAD****WHOLE GRAIN ROLL****SPICED APPLES**  | **29****TUNA CASSEROLE****GREEN PEAS****TOSSED SALAD****JUICY PEARS**  | **30****BEEF GOULASH****Over NOODLES** **GREEN BEANS****GARDEN SALAD****SWEET PEACHES** | **31****PETRIFYING PEPPER CHICKEN** **BATTY BAKED POTATO****CREEPY CAULIFLOWER****BOO BEAN SALAD****MONSTER MANDARINS** | *Low-fat milk is delivered daily & served daily at the Dinner Club* |

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION.

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, R.D.n.

**Suggested donation for 60 years old and over $5.00. Required charge for under 60 years $7.00.**