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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.**