|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Related imageRelated imageWhitehall Senior Nutrition Menu - August 2024LUNCH 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** |
| Related image | *Low-fat milk is delivered daily & served daily at the Dinner Club* | A watermelon with black dots  Description automatically generated | **1**  **BURRITO BAKE**  **LETTUCE, TOMATO, SALSA**  **MEXICAN CORN**  **SWEET PEACHES** | **2**  **EGGS W/HAM**  **DICED POTATOES**  **VEGGIE SALAD**  **FRESH FRUIT**  **CINNAMON ROLL** |
| **5**  **CHEF SALAD**  **(Ham, Turkey, Eggs, Cheese Lettuce, Tomatoes & Cucumbers)**  **WHOLE GRAIN ROLL**  **JUICY PEARS** | **6**  **BEEF POT PIE**  **DICED BEETS**  **DINNER SALAD**  **WHOLE GRAIN ROLL**  **SPICED APPLES** | **7**  **LEMON PEPPER CHICKEN**  **BAKED POTATO**  **BROCCOLI & CAULIFLOWER**  **FOUR BEAN SALAD**  **MANDARIN ORANGES** | **8**  **BEEF GOULASH**  **W/NOODLES**  **GREEN BEANS**  **GARDEN SALAD**  **SWEET PEACHES** | **9**  **KIELBASA**  **OVER POTATOES**  **WILTED SPINACH**  **WHOLE GRAIN ROLL**  **FRUIT SALAD**  **DESSERT** |
| **12**  **SWEET-N-SOUR MEATBALLS**  **BROWN RICE**  **BROCCOLI SPEARS**  **CARROT RAISIN SALAD**  **PINEAPPLE** | **13**  **CHICKEN TACOS**  **LETTUCE/TOMATO/SALSA MEXICAN BEANS**  **GOLDEN PEARS** | **14**  **PORK CASSEROLE**  **GREEN BEANS**  **GOLDEN CORN**  **MANDARIN ORANGES** | **15**  **HAMBURGER ON A BUN**  **POTATO TRIANGLES**  **SALAD W/BEANS**  **APPLESAUCE** | **16**  BIRTHDAY DINNER  **CHICKEN OVER STUFFING**  **HERBED CARROTS**  **GARDEN SALAD**  **CRANBERRIES**  **BIRTHDAY CAKE** |
| **19**  **BBQ CHICKEN**  **ON A BUN**  **BAKED BEANS**  **CRISP COLESLAW**  **MANDARIN ORANGES** | **20**  **COOK’S CHOICE ENTRÉE**  **STEAMED RICE**  **BROCCOLI SPEARS**  **GARDEN SALAD**  **SWEET PEACHES** | **21**  **PORK ROAST**  **SWEET YAMS**  **CAPRI VEGETABLES**  **WHOLE GRAIN ROLL**  **BAKED APPLES** | **22**  **TURKEY ALA KING**  **FRESH BAKED BISCUIT**  **GREEN PEAS**  **TOSSED SALAD**  **FRUIT COCKTAIL** | **23**  **CHICKEN FRIED STEAK**  **MASHED POTATOES**  **CARROT COINS**  **WHOLE GRAIN ROLL**  **APRICOT HALVES**  **DESSERT** |
| **26**  **CHILI DOG ON A BUN**  **SWEET CORN**  **COLESLAW**  **FRESH FRUIT** | **27**  **FISH PATTY**  **MACARONI SALAD**  **GREEN BEANS**  **GARDEN SALAD**  **CRANBERRIES** | **28**  **BEEF STROGANOFF**  **OVER EGG NOODLES**  **BRUSSELS SPROUTS**  **FOUR BEAN MEDLEY**  **BAKED APPLES** | **29**  **PIZZA BAKE**  **PURPLE BEETS**  **GARDEN SALAD**  **GOLDEN PEARS** | **30**  **CHICKEN POT PIE**  **BROCCOLI & CAULIFLOWER**  **CARROT RAISIN SALAD**  **PLUMP PEACHES**  **DESSERT** |

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.