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| Whitehall Senior Nutrition Menu - July 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** |
| **1****SLOPPY JOE ON A BUN** **BAKED BEANS****COLESLAW****APPLESAUCE** | **2****BAKED HAM****SCALLOPED POTATOES****GREEN BEANS****WHOLE GRAIN ROLL****SPICED APPLES** | **3****CHICKEN ALFREDO****OVER NOODLES****CAPRI VEGETABLES****FOUR BEAN SALAD****PINEAPPLE** | **4****CLOSED** | **5****http://ts2.mm.bing.net/th?&id=HN.608033559568058081&w=300&h=300&c=0&pid=1.9&rs=0&p=0CLOSED** |
| **8****BBQ MEATBALLS****ROTINI NOODLES****GREEN PEAS****GARDEN SALAD****PINEAPPLE** | **9****ORANGE CHICKEN** **BROWN RICE****BROCCOLI & CAULIFLOWER****CARROT COINS****MANDARIN ORANGES** | **10****COTTAGE PIE** **WILTED SPINACH****WHOLE GRAIN ROLL****SWEET PEACHES**  | **11****GREEN CHILI PORK CASSEROLE****SWEET CORN****VEGGIE SALAD W/BEANS****APPLESAUCE** | **12****EGGS & SAUSAGE****HASH BROWNS****CARROT RAISIN SALAD****FRESH FRUIT****CINNAMON ROLL** |
| **15****PORK BITS IN GRAVY****BROWN RICE****GREEN BEANS****GARDEN SALAD****APPLESAUCE** | **16****CHICKEN ENCHILADA****REFRIED BEANS****MEXICAN VEGGIES****ZESTY PINEAPPLE**  | **17****FISH PATTY** **MEDITERRANEAN PASTA SALAD****PURPLE BEETS****COLESLAW****FRUIT COCKTAIL**  | **18****COOK’S CHOICE ENTRÉE** **MIXED VEGETABLES****CARROT RAISIN SALAD****WHOLE GRAIN ROLL****GOLDEN PEARS** | **19****BIRTHDAY DINNER****CHICKEN LASAGNA w/WHITE SAUCE & GARLIC TOAST****GOLDEN CORN****TOSSED SALAD W/BEANS****SWEET PEACHES** **BIRTHDAY CAKE** |
| **22****RIBS W/SAUERKRAUT****STEAMED CARROTS****FOUR BEAN MEDLEY****WHOLE GRAIN ROLL****BAKED APPLES** | **23****TURKEY CORDON BLEU** **BREAD STUFFING****SWEET POTATO****GREEN BEANS****CRANBERRIES**  | **24****SALISBURY STEAK****MASHED POTATOES****CAPRI VEGETABLES****WHOLE GRAIN ROLL****JUICY PEACHES** | **25****SWEET-N-SOUR CHICKEN****WILD RICE****ORIENTAL VEGETABLES****GARDEN SALAD** **MANDARIN ORANGES** *\*COMMODITIES\** | **26****MONTANA PASTIES** **MIXED VEGGIES****TOSSED SALAD****FRUIT SALAD****DESSERT** |
| **29****BBQ PORK****ON A BUN** **BAKED BEANS****COLESLAW****PINEAPPLE** | **30****HAMBURGER GRAVY****OVER EGG NOODLES****GARDEN PEAS****CARROT RAISIN SALAD****GOLDEN PEARS** | **31****BAKED CHICKEN****RICE PILAF****SUMMER SQUASH****BRUSSELS SPROUTS****APRICOT HALVES** | **http://bestclipartblog.com/clipart-pics/fourth-of-july-clip-art-9-150x150.gif** | *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.**