

Sunflower Café in Whitehall

Senior Dining & Fellowship

**Sponsored by Aging & Disability Resource Center (ADRC)
Of Trempealeau County**

Local Phone: 715-538-2001 or Toll Free: 1-800-273-2001

Monday thru Friday serving from 11:30 am to 12:30 pm

Suggested Donation is \$ 3.75 per meal

(Anyone under 60 must pay the full meal cost of \$ 9.52)

April 2019

You have a choice each day of menu item or Soup & Salad Bar or Breakfast

Soup & Salad Bar: Green Leaf/Iceberg Mix, Spinach or Kale, Broccoli Salad
or Pasta Salad

Dressings: French, Ranch, or Italian Vinaigrette

Soup: Soup of the Day and Fresh Bread

Breakfast Option: Eggs, Potatoes, Meat, Toast

Dessert Options: Fruit, Cookie, Pudding, Jello or Cake. One of these will
be available daily.

Menu Item: All meals served w/Bread and Milk or Coffee

April 1st – 5th:

Monday: Cream Chicken

Tuesday: Tacos or Taco Salad, Beef or Chicken

Wednesday: Liver and Onions, Mashed Potatoes, Gravy, Vegetable

Thursday: Hamburger Gravy over Mashed Potatoes, Vegetable

Friday: Baked or Panfried Cod, Potatoes, Coleslaw

April 8th -12th:

Monday: BLT served with Tater Tots

Tuesday: Tacos or Taco Salad, Beef or Chicken

Wednesday: Pork Loin, Mashed Potatoes, Gravy, Vegetable

Thursday: Chicken Alfredo, Side Salad

Friday: Baked or Panfried Cod, Potatoes, Coleslaw

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April 15th -19th:

Monday: Chicken Stir Fry over Rice

Tuesday: Tacos or Taco Salad, Beef or Chicken

Wednesday: Beef Roast, Mashed Potatoes, Gravy, Vegetable

Thursday: Lasagna, Side Salad

Friday: Baked or Panfried Cod, Potatoes, Coleslaw

April 22nd – 26th:

Monday: Ham, Scalloped Potatoes, Baked Beans

Tuesday: Tacos or Taco Salad, Beef or Chicken

Wednesday: Baked Chicken, Mashed Potatoes, Vegetable

Thursday: Spaghetti, Side Salad

Friday: Baked or Panfried Cod, Potatoes, Coleslaw

April 29th – 30th:

Monday: Chicken Casserole, Side Salad

Tuesday: Tacos or Taco Salad, Beef or Chicken