

**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)**

**December 2018**

**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:** Sausage Gravy over Biscuit and egg
- 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

December 3<sup>rd</sup> – 7<sup>th</sup>:

- Monday: Cream Chicken over Biscuits
- Tuesday: Soft Shell Tacos OR Taco Salad, Beef or Chicken
- Wednesday: Pork Roast, Mashed Potatoes, Gravy and Vegetable
- Thursday: Meatballs, Mashed Potatoes, Gravy and Vegetable
- Friday: Baked or Panfried Cod, Baked or Mashed Potatoes,  
Coleslaw

December 10<sup>th</sup> – 14<sup>th</sup>:

Monday: Hamburger Gravy over Mashed Potatoes, Green Beans  
Tuesday: Soft Shell Tacos OR Taco Salad, Beef or Chicken  
Wednesday: Beef Roast, Mashed Potatoes, Gravy and Vegetable  
Thursday: Chicken Parmesan over Pasta, side salad  
Friday: Baked or Panfried Cod, Baked or Mashed Potatoes,  
Coleslaw

December 17<sup>th</sup> – 21<sup>st</sup>:

Monday: Kielbasa, Scalloped Potatoes, Vegetable  
Tuesday: Soft Shell Tacos or Taco Salad, Beef or Chicken  
Wednesday: Baked Chicken, Mashed Potatoes, Gravy, Vegetable  
Thursday: Lasagna, Side Salad  
Friday: Baked or Panfried Cod, Baked or Mashed Potatoes,  
Coleslaw

December 24<sup>th</sup> – 28<sup>th</sup>:

Monday: Holiday – no meal  
Tuesday: Holiday – no meal  
Wednesday: Ham and Scalloped Potatoes, Baked Beans  
Thursday: Chicken Alfredo  
Friday: Baked or Panfried Cod, Baked or Mashed Potatoes,  
Coleslaw

December 31<sup>st</sup>:

Monday: Tator Tot Hotdish