

**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)**

**February 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:** Meat and Cheese Omelet, 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

February 4<sup>th</sup> – 8<sup>th</sup>:

Monday: Cream Chicken over biscuits

Tuesday: Soft Shell Tacos, Taco Salad Beef or Chicken

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

Thursday: Ham and Scalloped Potatoes, Baked Beans

Friday: Baked or Panfried Cod, Baked or Mashed Potatoes,  
Coleslaw

February 11<sup>th</sup> – 15<sup>th</sup>:

Monday: Hamburger Gravy over Mashed Potatoes, Vegetable  
Tuesday: Soft Shell Tacos, Taco Salad Beef or Chicken  
Wednesday: Pork Dinner, Mashed Potatoes, Gravy, Vegetable  
Thursday: Chicken Alfredo, Side Salad, Garlic Bread  
Friday: Baked or Panfried Cod, Baked or Mashed Potatoes,  
Coleslaw

February 18<sup>th</sup> – 22<sup>nd</sup>:

Monday: Spaghetti, Side Salad, Garlic Bread  
Tuesday: Soft Shell Tacos, Taco Salad Beef or Chicken  
Wednesday: Roast Beef, Mashed Potatoes, Gravy, Vegetable  
Thursday: Chicken Breast, Rice, Vegetable  
Friday: Baked or Panfried Cod, Baked or Mashed Potatoes,  
Coleslaw

February 25<sup>th</sup> – 28<sup>th</sup>:

Monday: Grilled Cheese with Chili  
Tuesday: Soft Shell Tacos, Taco Salad Beef or Chicken  
Wednesday: Baked Chicken, Mashed Potatoes, Gravy, Vegetable  
Thursday: Lasagna, Side Salad, Garlic Bread