

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)

January 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:** Egg, Potato, 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

January 1st -4th:

- Tuesday: Holiday
- Wednesday: Meatballs, Mashed Potatoes, Gravy, Vegetable
- Thursday: Lemon Pepper Chicken, Wild Rice, Vegetable Medley
- Friday: Baked or PanFried Cod, Baked or Mashed Potatoes,
Coleslaw

January 7th -11th:

Monday: Cream Chicken over Biscuits
Tuesday: Soft Shell Tacos or Taco Salad, Beef or Chicken
Wednesday: Pork Loin, Mashed Potatoes, Gravy, Vegetable
Thursday: Salisbury Steak, Mashed Potatoes, Gravy, Vegetable
Friday: Baked or PanFried Cod, Baked or Mashed Potatoes, Coleslaw

January 14th – 18th:

Monday: Grilled Turkey and Swiss Sandwich with soup
Tuesday: Soft Shell Tacos or Taco Salad, Beef or Chicken
Wednesday: Roast Beef, Mashed Potatoes, Gravy, Vegetable
Thursday: Lasagna, Side Salad, Garlic Bread
Friday: Baked or PanFried Cod, Baked or Mashed Potatoes, Coleslaw

January 21st – 25th:

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

January 28th – 31st:

Monday: Hot Pork Sandwich, Mashed Potatoes, Gravy, Vegetable
Tuesday: Soft Shell Tacos or Taco Salad, Beef or Chicken
Wednesday: Turkey, Mashed Potatoes, Gravy, Vegetable
Thursday: Vegetable Chicken Stir Fry over Rice