

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)

June 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: Sausage Gravy over Biscuits, 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

June 3rd – 7th:

Monday: Cream Chicken over Biscuits

Tuesday: Tacos or Taco Salad, Beef or Chicken

Wednesday: Liver and Onions, Mashed Potatoes, Gravy, Green Beans

Thursday: Spaghetti, Side Salad

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

June 10th – 14th:

Monday: Hot Turkey Sandwich, Mashed Potatoes, Gravy, Corn

Tuesday: Tacos or Taco Salad, Beef or Chicken

Wednesday: Pork Roast, Mashed Potatoes, Gravy, Baked Beans

Thursday: Chicken and Vegetable Stir Fry over Rice

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

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)

June 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: Sausage Gravy over Biscuits, 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

June 17th – 21st:

Monday: Grilled Chicken Wrap with Soup

Tuesday: Tacos or Taco Salad, Beef or Chicken

Wednesday: Beef Roast, Mashed Potatoes, Gravy, Corn

Thursday: Lasagna, Side Salad

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

June 24th – 28th:

Monday: Ham, Scalloped Potatoes, Corn

Tuesday: Tacos or Taco Salad, Beef or Chicken

Wednesday: Baked Chicken, Mashed Potatoes, Gravy, Mixed
Vegetables

Thursday: Chicken Alfredo, Side Salad

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