

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)

March 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: Biscuits and Gravy, 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

March 1st Friday: Baked or Panfried Cod, Mashed or Baked Potato, Coleslaw

March 4th – 8th:

Monday: Cream Chicken over Biscuits

Tuesday: 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, Mashed or Baked Potato, Coleslaw

March 11th – 15th:

Monday: Turkey, Mashed Potatoes, Gravy and Vegetable

Tuesday: Tacos or Taco Salad, Beef or Chicken

Wednesday: Beef Roast, Mashed Potatoes, Gravy, Vegetable

Thursday: Chicken Parmesan over pasta, side salad

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

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

March 18th – 22nd:

Monday: Grilled Cheese with a cup of chili or soup

Tuesday: Tacos or Taco Salad, Beef or Chicken

Wednesday: Baked Chicken, Mashed Potatoes, Gravy, Vegetable

Thursday: Lasagna, side salad

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

March 25th – 29th:

Monday: Beef Stew over biscuits

Tuesday: Tacos or Taco Salad, Beef or Chicken

Wednesday: Ham, Scalloped Potatoes and Baked Beans

Thursday: Spaghetti, Side Salad

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