

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

**Serving Monday-Friday from 11:30am - 12:30pm Suggested Donation is \$3.75 per meal
(Anyone under 60 must pay the full meal cost of \$ 9.52)**

May 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: Veggie Omelet and 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

May 1st – 3rd:

Wednesday: Salisbury Steak, Mashed Potatoes, Gravy, Green Beans

Thursday: Turkey, Mashed Potatoes, Gravy, Corn

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

May 6th – 10th:

Monday: Cream Chicken (mixed vegetables) over biscuits

Tuesday: Beef or Chicken Tacos, or Taco Salad

Wednesday: Pork Roast, Mashed Potatoes, Gravy, Peas and Carrots

Thursday: Lemon Pepper Chicken, Wild Rice, California Medley

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

May 13th – 17th:

Monday: Hot Pork Sandwich, Mashed Potatoes, Gravy, Baked Beans

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

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May 20th – 24th:

Monday: Keilbasa Sausage with Kraut, Scalloped Potatoes, Green Beans
Tuesday: Tacos or Taco Salad, Beef or Chicken
Wednesday: Baked Chicken, Mashed Potatoes, Gravy, Peas and Carrots
Thursday: Spaghetti, Side Salad
Friday: Baked or Panfried Cod, Baked or Mashed Potato, Coleslaw

May 27th – 31st:

Monday: Holiday
Tuesday: Tacos or Taco Salad, Beef or Chicken
Wednesday: Ham and Scalloped Potatoes, Baked Beans
Thursday: Chicken Parmesan over pasta, Side Salad
Friday: Baked or Panfried Cod, Baked or Mashed Potato, Coleslaw