

# August

# 2018

To cancel or restart a meal: Please call 228-6522- Press 1 for senior nutrition- Press 1 again to Leave a message. Please call with any changes before 9:00am. Thank You!

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

		Pork Roast 1 Mashed Potatoes w/ Gravy California Vegetables Spiced Peaches Dinner Roll	Spaghetti w/ Meat Sauce Garlic Bread 2 Broccoli Corn Apricots	Browned Turkey Slices w/ Gravy 3 Au Gratin Potatoes Green Beans Fruit Cocktail in Jell-O Dinner Roll
Roast Beef 6 Mashed Potatoes w/ Gravy Peas & Carrots Diced Pears Dinner Roll	Pork Chop-Suey 7 Brown Rice Maui Blend Veggies Strawberries w/ Pineapple	BBQ Chicken Thighs 8 Mixed Vegetables Garlic Mashed Potatoes Mandarin Oranges Dinner Roll	Hamburger Stroganoff Over Egg Noodles 9 Corn Stewed Tomatoes Raspberry Applesauce	Salmon Croquettes 10 Sugar Snap Peas Garden Rice Blend Orange-Pineapple Fluff
Veal Parmigiana 13 Italian Veggies w/ Pasta Brussel Sprouts Garlic Bread Tropical Fruit	Mushroom & Swiss 14 Turkey Burger Wheat Bun Baked Beans Creamy Coleslaw Baked Apple	Sloppy Joe Mac 15 w/ Cheddar Cheese Green Peas Sweet Potato Cubes Apricots Dinner Roll	Roast Pork 16 Mashed Potatoes w/ Gravy Malibu Vegetables Fruit Cocktail Dinner Roll	Pizza Frittata 17 California Vegetables Strawberries w/ Whipped Topping Garlic Bread
Chicken Fried Steak 20 w/ Country Gravy Mashed Potatoes Green Beans Diced Peaches	Chicken & Dumplings 21 Cooked Squash Green Beans Diced Pears	Lasagna 22 Garlic Bread Broccoli Peach Crisp-Ask Bill if he uses flour	Roast Beef w/ Gravy 23 Garden Rice Blend Mixed Vegetables Apricots Dinner Roll	Ham Slices 24 In Au jus Red Bliss Potatoes Sliced Carrots Pineapple Dinner Roll
Italian Meatloaf 27 Mashed Potatoes Broccoli Pears in Lime Jell-O	Chicken Chow Mein 28 w/ Chinese Noodles Wax Beans Cherry Crisp-Ask Bill if he uses flour Dinner Roll	Cobb Salad 29 Three-Bean Salad Chocolate Fudge Pudding Dinner Roll	Chili 30 Cornbread Sliced Carrots Brussel Sprouts Plum Halves Sour Cream	Macaroni & Cheese 31 Mixed Vegetables Stewed Tomatoes Tropical Fruit

### News

**Senior Nutrition Program meals** are provided by Community Action Alger Marquette for persons 60 or older & their spouses.

**Your Senior Nutrition Council recommends a donation of \$3.50 per meal**, which is applied to the purchase of food and its preparation. Guests under 60 pay \$6.50.

**The Senior Nutrition Program** is provided through OSA, UPCAP/AAA, and funding from the State of Michigan, the Older Americans Act, local donations and complies with Title VI of the Civil Rights Act.

**PLEASE NOTE:** This is the menu for the overall Senior Nutrition Program. It is subject to change at the individual sites due to several factors including availability of specific food items, inventory and cook's discretion. Although you may experience some changes from this menu, always rest assured that each meal meets one third of your daily nutritional requirements and we make every effort to provide you with a variety of well-balanced, appealing and tasty meals.