




ALGER-MARQUETTE  
COMMUNITY ACTION  
HELPING PEOPLE • CHANGING LIVES

# August 2017

**To cancel or restart a meal:**  
Please call 228-6522 - - Press 1 for Senior Nutrition - - Then press 1 again.  
Record your message. Please call before 9:00 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Bourbon Turkey Slices Mashed Potatoes Cauliflower Cinnamon Applesauce	Breaded Chicken Baked Sweet Potato Half Brussel Sprouts Fruit Cocktail	Glazed Ham Loaf Mashed Potatoes Dilled Carrots Fresh Fruit Cup	Shrimp Alfredo Linguine Broccoli Garlic Toast Orange-Pineapple Fluff
7	8	9	10	11
Pulled Pork On A Bun Oven Roasted Potatoes Green Beans Strawberries W/ Topping	Shepard's Pie Spinach Plums Dinner Roll	Pollock Almondine Garden Rice Peas And Carrots Tropical Fruit	Herb Marinated Chicken Baked Potato W/ Sour Cream Prince Charles Vegetables Diced Pears	Roast Pork Mashed Potatoes California Blend Vegetable Applesauce Jell-O
14	15	16	17	18
Spaghetti W/ Meat Sauce Garlic Toast Green Beans Corn Spiced Peaches	Sweet & Sour Meatballs Rice Pilaf Caribbean Blend Vegetable Apricots	Albie's Pasty Creamy Coleslaw Pineapple Cake Fresh Orange	Pork Cutlet W/ BBQ Sauce Roasted Cauliflower Baked Beans Baked Apple	Chicken Marsala Brown Rice Stewed Tomatoes Watermelon Dinner Roll
21— <i>National Senior Day</i>	22	23	24	25
Beef Pot Roast Mashed Potatoes & Gravy Broccoli Apricots	Italian Baked Chicken Red Bliss Potatoes Green Beans Strawberries W/ Topping	Hamburger On a Bun Sweet Potato Fries Three-Bean Salad Lime Jell-O Pear Salad	Chicken Enchilada Casserole Seasoned Black Beans Mexican Rice Peach Crisp	Meatloaf Mashed Potatoes Mixed Vegetable Blend Mixed Melon Salad
28	29	30	31	Thank you!!!
Bourbon Chicken Thighs Baby Carrots Peas Chilled Peaches & A Cookie	Swedish Meatballs Mashed Potatoes Mixed Vegetables Apple Orchard Bars	Lasagna Garlic Toast Brussel Sprouts Mandarin Oranges	Turkey Pot Roast Whipped Sweet Potatoes California Blend Vegetable Raspberry Shortcake	 <p>National Senior Citizens Day</p>

**Bread or bread alternate, margarine & milk served with all meals.**

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.