

December 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
Goulash 3 Prince Charles Veggies Garlic Bread Fruited Gelatin	Turkey Slices 4 Mashed Potatoes Gravy Green Beans Applesauce Wheat Bread	Sausage-N-Kraut 5 Baked Beans Mixed Veggies Diced Pears Dinner Roll	Pork Loin Chop 6 Cooked Squash Red Bliss Potatoes Tropical Fruit Wheat Bread	Breaded Pollock 7 Rice Pilaf Broccoli Apple Crisp Dinner Roll
Pulled Pork 10 On a Bun Sweet Potato Cubes Green Peas Apricots	Breaded Chicken 11 Au Gratin Potatoes Sliced Carrots Peaches Wheat Bread	Cheese Ravioli w/ Marinara Sauce 12 Green Beans Raspberry Applesauce Garlic Toast	Roast Beef 13 Mashed Potatoes/Gravy California Veggies Fruit Cocktail Lemon Cookie Wheat Bread	Mild Chili 14 Corn O'Brien Orange-Pineapple Fluff Cornbread
Sweet & Sour 17 Meatballs Garden Rice Key West Veggies Emerald Pears Wheat Bread	Chicken Alfredo 18 w/ Linguine Garlic Bread Mixed Veggies Cherry Crisp	Ham & Cheesy Potatoes 19 Green Peas Cauliflower Peaches Wheat Bread	Meatloaf 20 Red Bliss Potatoes Glazed Carrots Mandarin Oranges Wheat Bread	Turkey Slices 21 Mashed Potatoes/Gravy Green Beans Pumpkin Mousse Wheat Bread
No Meals 24	Happy ²⁵ Holidays!	Roast Pork 26 Mashed Potatoes Gravy Baby Carrots Cinnamon Applesauce Wheat Bread	Chicken Enchiladas 27 Mexican Rice Seasoned Black Beans Peaches Wheat Bread	Pasty 28 Corn Baked Apple Creamy Coleslaw Dinner Roll
New Year's Eve! 31	No Meals			
No Meals				

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.