



ALGER-MARQUETTE  
COMMUNITY ACTION  
HELPING PEOPLE • CHANGING LIVES

# FEBRUARY 2018



**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
			Pork Fritter Baked Beans European Veggie Blend Peaches	Roast Beef Mashed Potatoes w/ Gravy Mixed Vegetables Fruit Cocktail Dinner Roll
5	6	7	8	9
Fish Sticks w/ Tartar Sauce Cheesy Potatoes Broccoli Cinnamon Applesauce	Sloppy Joe or Jane on a Bun Sweet Potato Cubes Mixed Vegetables Apricots	Turkey Tetrizzini Green Beans Baked Apple Oatmeal Raisin Cookie	Hamburger Chili (Mild) Corn Bread Caribbean Veggie Blend Orange-Pineapple Fluff	Italian Baked Chicken Brussel Sprouts Baby Carrots Plums/Dinner Roll
12	13	14 Happy Valentine's Day!!	15	16
Roast Pork Mashed Potatoes w/Gravy California Veggie Blend Applesauce	Meatloaf Baked Potato w/ Sour Cream Prince Charles Veggie Blend Fruited Gelatin	Lemon Pepper Chicken -over Rice Pilaf Green Peas Cherry Crisp Dinner Roll	Glazed Ham Slices Red Bliss Potatoes Dilly Carrots Tropical Fruit	Baked Spaghetti w/ Garlic Bread Green Beans Corn Emerald Pears
19	20	21	22	23
Beef Stew w/ a Biscuit Pickled Beets Mandarin Oranges	Hawaiian Pork over Rice Peas & Carrots Cauliflower Strawberries and Cream	Chicken Tenders w/ Ranch O'Brien Potatoes Broccoli Plum Halves	Swedish Meatballs Mashed Potatoes Green Beans Apple Crisp	Roast Beef w/ Gravy Garden Rice Mixed Vegetables Apricots
26	27	28		
Goulash Prince Charles Veggie Blend Spiced Peaches Garlic Bread	Salsa Chicken w/Sour Cream Black Beans & Rice Corn Applesauce/Fig Cookie	Roast Turkey Mashed Potatoes w/Gravy European Veggie Blend Fruit Parfait Dinner Roll		

**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.

