



ALGER-MARQUETTE  
COMMUNITY ACTION  
HELPING PEOPLE • CHANGING LIVES

# JANUARY 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	3	4	5
		Pork Fritter Baked Beans European Vegetable Blend Peaches	Roast Beef Mashed Potatoes w/ Gravy Mixed Vegetables Fruit Cocktail	Fish Sticks w/ Tartar Sauce Cheesy Potatoes Broccoli Cinnamon Applesauce
8	9	10	11	12
Sloppy Joe/Jane on a Bun Sweet Potato Cubes Green Peas Apricots	Turkey Tetrazzini Casserole Green Beans Baked Apple Oatmeal Raisin Cookie	Traditional Chili (mild) Corn Bread Muffin Caribbean Vegetables Orange-Pineapple Fluff	Italian Baked Chicken Brussel Sprouts Whole Baby Carrots Cherry Crisp	Roast Pork Mashed Potatoes w/ Gravy California Blend Vegetable Applesauce
15	16	17	18	19
Beef Pot Roast w/ Gravy Garden Rice Blend Mixed Vegetables Apricots	Glazed Ham Slices Red Bliss Potatoes Dilly Carrots Tropical Fruit	Lemon Pepper Chicken Baked Sweet Potato half Green Peas Peaches	Swedish Meatballs Mashed Potatoes Green Beans Apple Crisp	Beef Stew Pickled Beets Mandarin Oranges
22	23	24	25	26
Hawaiian Pork w/ Brown Rice Peas and Carrots Cauliflower Strawberries and Cream	Meatloaf Baked Potato w/ Sour Cream Sliced Carrots Fruited Gelatin	Chicken Tenders w/ Ranch O'Brien Potatoes Broccoli Plum Halves	Baked Spaghetti w/ Mozza Green Beans Corn Garlic Bread	Roast Turkey Mashed Potatoes w/ Gravy California Bland Vegetable Fruit Parfait
29	30	31		
Salsa Chicken w/ Cheddar Black Beans and Rice Corn Fig Cookie & Applesauce	Goulash Prince Charles Vegetable Garlic Bread Peach Crisp	Pork Chop & Sauerkraut Baked Beans Whole Baby Carrots Peaches		

**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.

