



# JANUARY | 2019

**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

		<b>1</b> No Meals	<b>2</b> Turkey Tetrazzini Green Beans Apricots Dinner Roll	<b>3</b> Roast Beef Mashed Potatoes w/ Gravy California Veggies Orange-Pineapple Fluff	<b>4</b> Lemon Baked Pollock Sweet Potato Cubes Green Peas Cornbread Citrus Fruited Gelatin
		<b>7</b> Swedish Meatballs Garden Rice Mixed Veggies Tropical Fruit	<b>8</b> Chicken Mozza- Marinara Buttered Egg Noodles Key West Veggies Applesauce Dinner Roll	<b>9</b> Seasoned Pork Chop Butternut Squash Au Gratin Potatoes Pineapple Tidbits Chocolate Chip Cookie	<b>10</b> Turkey Pot Roast Mashed Potatoes w/ Gravy Green Beans Fruit Cocktail Dinner Roll
<b>14</b> Tahitian Chicken Garden Rice Maui Veggies Strawberries & Pineapple	<b>15</b> Ham Loaf Sliced Carrots Red Bliss Potatoes Diced Pears	<b>16</b> Spaghetti w/ Meat Sauce Prince Charles Veggies Tropical Fruit Garlic toast	<b>17</b> Roast Beef Mashed Potatoes w/ Gravy Key West Veggies Plums Dinner Roll	<b>18</b> Breaded Pollock 1/2-Baked Sweet Potato Green Peas Chocolate Pudding Cornbread	
<b>21</b> Ham Slices Au Gratin Potatoes Broccoli Citrus Fruited Gelatin	<b>22</b> Salsa Chicken Corn O' Brien Mexican Rice Cinnamon Applesauce Fig Newton	<b>23</b> Chicken Tenders Cheesy Potatoes Green Beans Emerald Pears	<b>24</b> Meatloaf Baked Potato Sour Cream Baby Carrots Apricots	<b>25</b> Lasagna California Veggies Garlic Toast Spiced Peaches	
<b>28</b> Macaroni & Cheese Baked Beans Tomatoes & Zucchini Strawberries & Pineapple	<b>29</b> Salisbury Steak Mashed Potatoes w/ Gravy Mixed Veggies Plums Dinner Roll	<b>30</b> BBQ Chicken Thigh Red Bliss Potatoes Sliced Carrots Mandarin Oranges	<b>31</b> Pasty Green Beans Creamy Coleslaw Cherry Crisp	<b>1</b> <i>What's Your New Year's Resolution?</i>	

## 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.