



MAY | 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 before 9:00am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Baked Spaghetti Garlic Toast Green Beans Corn Applesauce	2 Roast Beef Mashed Potatoes w/ Gravy California Veggies Apricots Dinner Roll	3 Tahitian Chicken Garden Rice Maui Veggies Tropical Fruit Wheat Bread	4 Sweet Potato Crusted Pollock Peas and Carrots Apple Crisp Cornbread
7 Polish Sausage on a Wheat Bun Baked Beans Sliced Carrots Cherry Pear Gelatin	8 Chicken Tenders Ranch Dip Cheesy Potatoes Cauliflower Peaches Wheat Bread	9 Chop Suey with Pork Brown Rice Key West Veggies Pineapple Tidbits Chocolate Chip Cookie Wheat Bread	10 Turkey Slices Mashed Potatoes w/ Gravy Corn Fruit Cocktail Dinner Roll	11 Macaroni and Cheese Green Beans Stewed Tomatoes Mandarin Oranges Wheat Bread
14 Pulled Pork on a Wheat Bun Sweet Potato Half Mixed Veggies Strawberries & Cream	15 Salisbury Steak w/ Gravy Over Egg Noodles Peas Peach Crisp Wheat Bread	16 Cobb Salad Ranch Dressing Cucumber Slices Red Grapes Dinner Roll Fig Cookie	17 Italian Sausage Pasta Bake Broccoli Mandarins in Lemon Gelatin Garlic Toast	18 Veracruz Tilapia Baby Carrots Plum Halves Cornbread
21 Breaded Chicken Red Bliss Potatoes Cauliflower Apricots Dinner Roll	22 Beef Pasty Creamy Coleslaw Corn Fruit Compote Wheat Bread	23 Ham and Scalloped Potatoes Key West Veggies Mixed Melon Salad Dinner Roll	24 Swedish Meatballs Mashed Potatoes Prince Charles Veggies Orange-Pineapple Fluff Wheat Bread	25 Chicken Alfredo Pasta and Veggie Blend Green Beans Baked Apple Garlic Bread
28 Closed for Memorial Day Enjoy Your Day!!	29 Chicken Salad w/ a Croissant Three-Bean Salad Red Grapes Fudgy Pudding	30 Shepard's Pie Pickled Beets Cherry Crisp Dinner Roll	31 BBQ Chicken Breast Garlic Mashed Potatoes Baby Carrots Cornbread Fruit Cocktail	

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.