

March

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

				1 Turkey Tetrazzini Green Beans Apricots Dinner Roll
4 Roast Beef Mashed Potatoes w/ Gravy California Veggies Orange-Pineapple Fluff	5 Baked Lemon Pollock Sweet Potato Cubes Green Peas Fruited Gelatin Cornbread	6 Swedish Meatballs Garden Rice Mixed Veggies Tropical Fruit	7 Chicken Mozza- Marinara Egg Noodles Key West Veggies Applesauce Dinner Roll	8 Pork Loin Brussel Sprouts Au Gratin Potatoes Pineapple Tidbits Chocolate Chip Cookie
11 Stuffed Pepper Casserole Corn Apple Crisp Dinner Roll	12 Turkey Pot Roast Mashed Potatoes w/ Gravy Green Beans Fruit Cocktail Dinner Roll	13 Tahitian Chicken Garden Rice Caribbean Veggies Strawberry-Pineapple Cup	14 Ham Slices Red Bliss Potatoes Dilled Carrots Strawberry Shortcake	15 Spaghetti w/ Meat Sauce Cauliflower Tropical Fruit Garlic Bread
18 Breaded Pollock Baked Sweet Potato Green Peas Chocolate Pudding Cornbread	19 Roast Beef Garden Rice Key West Veggies Plums Dinner Roll	20 Ham Loaf Au Gratin Broccoli Citrus Fruited Gelatin	21 Salsa Chicken Corn Mexican Rice Cinnamon Applesauce Fig Newton	22 Chicken Tenders Cheesy Potatoes Green Beans Emeralds Pears
25 Meatloaf Baked Potato w/ Sour Cream Sliced Carrots Apricots	26 Pasty Cauliflower Creamy Coleslaw Cherry Crisp	27 Macaroni and Cheese Baked Beans Tomato w/ Zucchini Strawberry-Pineapple Cup	28 Salisbury Steak Mashed Potatoes w/ Gravy California Veggies Plums	29 BBQ Chicken Thighs Red Bliss Potatoes Brussel Sprouts Mandarin Oranges

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.