



ALGER-MARQUETTE
COMMUNITY ACTION
HELPING PEOPLE • CHANGING LIVES





November



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
		Goulash Prince Charles Veggies Strawberry-Banana Gelatin Garlic Bread	Sliced Turkey w/ Gravy Stuffing Baked Sweet Potato Spiced Peaches	Breaded Tilapia Oven Roasted Potatoes Baby Carrots Apple Crisp
6	7	8	9	10
All Beef Hot Dog on a WW Bun Baked Beans Whole Kernel Corn Diced Pears	Pork Fritter w/ BBQ Sauce Cooked Squash Oven Roasted Potatoes Tropical Fruit	Sloppy Joe/Jane on a WW Bun Sweet Potato Cubes Peas Apricots	Breaded Chicken Breast Broccoli w/ Cheese Sauce Red Bliss Potatoes Peaches	Cheese Ravioli w/Marinara Sauce Green Beans Raspberry Applesauce WW Dinner Roll
13	14	15	16	17
Three-Bean Chili Key West Vegetable Blend WG Cornbread Orange-Pineapple Fluff	Roast Beef w/Gravy Mashed Potatoes California Blend Vegetable Michigan Mixed Fruit SF Lemon Cookies	Sweet & Sour Meatballs Garden Rice Key West Vegetable Blend Emerald Pears	Chicken Alfredo over Linguine Noodles Mixed Vegetables Garlic Toast Strawberries & Pineapple	Fish On a WW Bun Tartar Sauce Baked Sweet Potato half Baked Beans Mixed Melon Salad
20	21	22	23	24
Meatloaf Mashed Potatoes w/Gravy Green Beans Mandarins Oranges	Ham and Cheesy Potatoes Peas Cauliflower Spiced Peaches	Turkey Pot Roast Cranberry Sauce Mashed Potatoes w/Gravy Green Bean Casserole Pumpkin Pie		
27	28	29	30	
Roast Pork Mashed Potatoes w/Gravy Mixed Vegetables Peach Crisp	Chicken Enchilada Casserole Mexican rice Seasoned Black Beans Mandarin Oranges	Zucchini Pizza Casserole Baby Carrots Fruit Cocktail Garlic Bread	Swedish Meatballs Mashed Potatoes Peas Pear Lime Jell-O Salad	

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.

