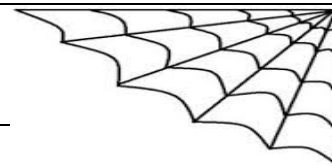




ALGER-MARQUETTE
COMMUNITY ACTION
HELPING PEOPLE • CHANGING LIVES





OCTOBER 2017



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
2	3	4	5	6
Goulash Prince Charles Vegetable Strawberry & Banana Gelatin Garlic Toast	Turkey Pot Roast Stuffing Baked Sweet Potato Half Diced Peaches	Hot Dog on a Wheat Bun Baked Beans Corn Diced Pears	Pork Fritter w/ BBQ Sauce Cooked Squash Oven Fried Potatoes Tropical Fruit	Lemon Pepper Tilapia Garlic Mashed Potatoes Baby Carrots Apple Crisp
9	10	11	12	13
Sloppy Joe Sweet Potato Cubes Peas Apricots	Breaded Chicken Breast Broccoli w/ Cheese Sauce Red Bliss Potatoes Diced Peaches	Ravioli w/ Marinara Sauce Green Beans Raspberry Applesauce Whole Wheat Dinner Roll	Three-Bean Turkey Chili Key West Vegetable Orange-Pineapple Fluff Cornbread	Roast Beef Mashed Potatoes & Gravy California Vegetable Mixed Fruit & Lemon Cookies
16	17	18	19	20
Sweet & Sour Meatballs Garden Blend Rice Broccoli Emerald Pears	Chicken Alfredo w/ Linguine Mixed Vegetables Strawberries & Pineapple Garlic Toast	Ham & Cheesy Potatoes Peas Cauliflower Fresh Apple	Meatloaf Mashed Potatoes & Gravy Green Beans Mandarin Oranges	Fish Sandwich w/ Tartar Sauce Sweet Potato Half Baked Beans Mixed Melon Salad
23	24	25	26	27
Pasty Pie Creamy Coleslaw Apple-Cherry Crisp	Macaroni & Cheese Stewed Tomatoes Green Beans Strawberries	Roast Pork w/ Gravy Red Bliss Potatoes Baby Carrots Cinnamon Applesauce	Chicken Enchiladas Mexican Rice Seasoned Black Beans Mandarin Oranges	Zucchini Pizza Casserole Key West Vegetable Diced Peaches
30	31			
Roast Beef w/ a Dinner Roll Mashed Potatoes & Gravy Mixed Vegetable Pineapple Tidbits	Swedish Meatballs Monster Mashed Potatoes Pretty Princess Peas S-Lime Pear Jello			

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.