

October

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 with any changes before 9:00am. Thank You!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Goulash Prince Charles Veggies Fruit Cocktail Gelatin Garlic Toast	1	Turkey Slices Gravy Stuffing Baked Sweet Potato Applesauce	2	Hot Dog on a Bun Kettle Baked Beans Mixed Veggies Diced Pears	3	Pork-Loin Chop Cooked Squash Red Bliss Potatoes Tropical Fruit	4	Breaded Pollock Rice Pilaf Broccoli Apple Crisp	5
Pulled Pork Wheat Bun Sweet Potato Cubes Green Peas Apricots	8	Breaded Chicken Sliced Carrots Cheesy Potatoes Peaches	9	Cheese Ravioli w/ Marinara Sauce Green Beans Raspberry Applesauce Garlic Bread	10	Mild Chili Corn O'Brien Orange-Pineapple Fluff Cornbread	11	Roast Beef Mashed Potatoes w/ Gravy California Veggies Fruit Cocktail Lemon Cookie	12
Sweet & Sour Meatballs Garden Rice Key West Veggies Emerald Pears	15	Chicken Alfredo Garlic Bread Mixed Veggies Cherry Crisp	16	Ham & Cheesy Potatoes Green Peas Cauliflower Peaches	17	Meatloaf Mashed Potatoes Gravy Green Beans Mandarin Oranges	18	Breaded Pollock Tartar Sauce Baked Sweet Potato 1/2 Baked Beans Strawberries & Pineapple	19
Pasty Green Beans Coleslaw Baked Apple Dinner Roll	22	Macaroni & Cheese Stewed Tomatoes Corn Watermelon Cubes Dinner Roll	23	Roast Pork Mashed Potatoes w/ Gravy Baby Carrots Cinnamon Applesauce	24	Chicken Enchilada Mexican Rice Seasoned Black Beans Peaches	25	Roast Beef Garden Rice Mixed Veggies Orange-Pineapple Fluff Dinner Roll	26
Zucchini Quiche Marinara Key West Veggies Pineapple Tidbits	29	Swedish Meatballs Mashed Potatoes Green Peas Lime Gelatin Pear Salad	30	BBQ Chicken Thighs Wedge Fries Broccoli Mandarin Oranges Dinner Roll	31				

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.