




APRIL 2019



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 April Fool's Day	2	3	4	5
Roast Beef with Gravy Mashed Potatoes Prince Charles Veggies Cinnamon Applesauce Dinner Roll	Spaghetti Bake topped with Mozzarella Garlic Bread Broccoli Apple Crisp	Fish Sticks Cheesy Potatoes Green Beans Peaches Dinner Roll	White Chicken Chili Cornbread Prince Charles Blend Vegetables Orange-Pineapple Fluff	Breaded Pork w/ gravy Sweet Potato 1/2 California Veggies Strawberries Dinner Roll
8	9	10	11	12
Roast Turkey with Gravy Mashed Potatoes Broccoli Plums Dinner Roll	French Toast Casserole Hash Brown Potatoes Turkey Sausage links Diced Pears	Swedish Meatballs w/ Gravy Mashed Potatoes Mixed Vegetables Apricots	Italian Chicken Breast over Cooked Spinach Red Bliss Potatoes Fruit Cocktail in Red Gelatin Dinner Roll	Sloppy Joe on a Bun Sweet Potato Puffs Peas Mandarin Oranges
15	16	17	18	19
Lasagna Garlic Bread Prince Charles Veggies Diced Peaches	Pork Roast w/ Gravy Stuffing Green Beans Chocolate Chip cookie Pineapple Tidbits	Hawaiian Meatballs over Steamed Brown Rice Peas and Carrots Fruit Cocktail	Chicken Brat on a Bun Baked Beans Wedge Fries Fresh Pear	Pasty Creamy Coleslaw Corn Applesauce Dinner Roll
22	23	24	25	26
Glazed Ham Slices Scalloped Potatoes Sliced Carrots Pineapple Tidbits Dinner Roll	Goulash Mixed Vegetables Creamy Cole Slaw Baked Apple	Lemon Chicken O'Brien Potatoes Broccoli Fruit Parfait Dinner Roll	Meatloaf Baked Potato w/ sour cream Glazed Carrots Strawberry & Pineapple cup	Turkey Pot Roast Mashed Potatoes California Veggies Spiced Applesauce Dinner Roll
29	30			
Chicken Enchilada Casserole Black Beans Stewed Tomatoes Pineapple Dessert	Salisbury Steak w/ Gravy American Fried Potatoes Mixed Vegetable Blend Peaches			

Bread or bread alternate, margarine & milk served with all meals.

Senior Nutrition Program meals are provided by Community Action Alger-Marquette (CAAM) 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.