



ALGER-MARQUETTE
COMMUNITY ACTION
HELPING PEOPLE • CHANGING LIVES

October 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	<p><u>News</u></p> <p>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.</p>
<p>**Fall is a great time to check your smoke detector batteries and furnace filters</p>	<p>1. Chicken Marsala Rice Pilaf Brussel Sprouts Mandarin Oranges in Gelatin Dinner Roll</p>	<p>2. Breaded Pollock Tartar Sauce Au Gratin Potatoes Peas & Pearl Onions Cornbread</p>	<p>3. Roast Beef in Gravy Mashed Potatoes Sliced Carrots Strawberry Applesauce Dinner Roll</p>	<p>4. Roast Pork over Sauerkraut O'Brien Potatoes Apple Crisp Wheat Bread</p>	
<p>7. Sweet & Sour Meatballs Garden Rice Blend Malibu Veggies Apricots Wheat Bread</p>	<p>8. Veal Parmigiana Egg Noodles California Veggies Peaches Wheat Bread</p>	<p>9. Roast Turkey in Gravy Mashed Potatoes Broccoli Pineapple Tidbits Dinner Roll</p>	<p>10. Calico Beans w/ Burger Pickled Beets Sliced Carrots Fruit Cocktail Dinner Roll</p>	<p>11. Pasty Whole Kernel Corn Cherry Crisp Three-Bean Salad Wheat Bread</p>	
<p>14. Meatloaf w/ Gravy Mashed Potatoes Mixed Veggies Diced Pears Wheat Bread</p>	<p>15. Chicken Tenders Ranch to dip Cheesy Potatoes California Veggies Mandarin Oranges Wheat Bread</p>	<p>16. Baked Spaghetti Whole Kernel Corn Green Beans Apricots Garlic Bread</p>	<p>17. Pork Roast in Gravy Mashed Potatoes Broccoli Tropical Fruit Dinner Roll</p>	<p>18. Sloppy Joe on a Wheat Bun Sweet Potato Fries Green Peas Applesauce</p>	
<p>21. Lemon Chicken over cooked Spinach Oven Fried Potatoes Apple Crisp Dinner Roll</p>	<p>22. Roast Beef in Gravy Brown Rice Stewed Tomatoes Mandarins in Orange Gelatin Wheat Bread</p>	<p>23. Macaroni and Cheese Sliced Carrots Baked Beans Apricots Wheat Bread</p>	<p>24. Breaded Pollock Tartar Sauce Sweet Potato Fries Green Peas Strawberries w/ Pineapple Cornbread</p>	<p>25. Turkey Pot Roast Mashed Potatoes w/ Gravy Broccoli Diced Pears Dinner Roll</p>	
<p>28. Ham & Cheesy Potatoes Green Peas Applesauce Chocolate Chip Cookie Wheat Bread</p>	<p>29. Cheesy Chicken-Broccoli Rice Casserole Green Beans Peach Crisp Dinner Roll</p>	<p>30. Swedish Meatballs Mashed Potatoes w/ Gravy Mixed Veggies Fruit Cocktail Wheat Bread</p>	<p>HAPPY HALLOWEEN!!! 31. Ghoul-lash Corn S-creamy Coleslaw Baked Apples Garlic Bread</p>		