



ALGER-MARQUETTE  
COMMUNITY ACTION  
HELPING PEOPLE • CHANGING LIVES

# September 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><b>Senior Nutrition Program meals</b> are provided by Community Action Alger Marquette for persons 60 or older &amp; their spouses. <b>Your Senior Nutrition Council recommends a donation of \$3.50 per meal</b>, which is applied to the purchase of food and its preparation. Guests under 60 pay \$6.50. <b>The Senior Nutrition Program</b> 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. <b>PLEASE NOTE:</b> 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>2. Closed</p> <p>Happy Labor Day!!!</p>	<p>3. Chicken Marsala Rice Pilaf Brussel Sprouts Mandarins in Gelatin Dinner Roll</p>	<p>4. Roast Beef in Gravy Mashed Potatoes Sliced Carrots Strawberry Applesauce Dinner Roll</p>	<p>5. Roast Pork over Sauerkraut Diced Seasoned Potatoes Apple Crisp Wheat Bread</p>	<p>6. Breaded Pollock Cheesy Potatoes Peas &amp; Pearl Onions Peaches Cornbread</p>	
<p>9. Baked Spaghetti Green Beans Corn Apricots Garlic Bread</p>	<p>10. Roast Turkey in Gravy Rice Pilaf Broccoli Mixed Fruit Cup Dinner Roll</p>	<p>11. Meatloaf w/ Gravy Mashed Potatoes Glazed Carrots Diced Pears Wheat Bread</p>	<p>12. Chicken Broccoli-Rice Casserole Creamed Corn Cherry Crisp Dinner Roll</p>	<p>13. Sloppy Joe on a Wheat Bun Sweet Potato Fries Green Peas Applesauce</p>	
<p>16. Sweet &amp; Sour Meatballs Garden Rice Blend Malibu Veggies Apricots Wheat Bread</p>	<p>17. Veal Parmigiana Egg Noodles California Veggies Peaches Wheat Bread</p>	<p>18. Pork Roast in Gravy Mashed Potatoes Green Beans Tropical Fruit Wheat Bread</p>	<p>19. Calico Beans w/ Burger Pickled Beets Sliced Carrots Fruit Cocktail Dinner Roll</p>	<p>20. Pasty Whole Kernel Corn Three-Bean Salad Baked Apple Wheat Bread</p>	
<p>23. Goulash Mixed Veggies Creamy Coleslaw Peach Crisp Garlic Bread</p>	<p>24. Lemon Chicken O'Brien Potatoes Brussel Sprouts Fruit Parfait Dinner Roll</p>	<p>25. Roast Beef in Gravy Brown Rice Stewed Tomatoes Mandarins in Gelatin Wheat Bread</p>	<p>26. Macaroni &amp; Cheese Sliced Carrots Baked Beans Apricots Wheat Bread</p>	<p>27. Breaded Pollock Tartar Sauce Sweet Potato Fries Green peas Strawberries w/ Pineapple</p>	
<p>30. Turkey Pot Roast Mashed Potatoes w/ Gravy Broccoli Fresh Pear Dinner Roll</p>	<p><b>Genius is 1% inspiration and 99% perspiration.</b> ~Thomas Edison</p> <p><b>Happy Labor Day!!</b></p>				

