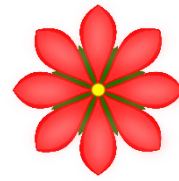


April 2024



ALGER-MARQUETTE
COMMUNITY ACTION
HELPING PEOPLE • CHANGING LIVES

Monday	Tuesday	Wednesday	Thursday	Friday	<u>News</u> 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.
1. Roast Turkey Mashed Potatoes w/ Gravy Peas & Carrots Mandarin Oranges Dinner Roll	2. Chicken Tenders Ranch Dip Green Beans Red Bliss Potatoes Diced Peaches Dinner Roll	3. Macaroni & Cheese Baked Beans Stewed Tomatoes Tropical Fruit	4. Beef-Veg Stew Sweet Corn Apple Crisp Buttermilk Biscuit Fresh (Halo) Orange	5. Cabbage Rolls w/ Tomato Sauce Key West Veggies Pineapple Tidbits Dinner Roll	
8. Breaded Chicken Wedge Fries Capri Veggies Diced Pears Fig Cookie Dinner Roll	9. Cheeseburger Baked Beans Diced Sweet Potato Cinn. -Applesauce Burger Bun Ketchup & Mustard	10. Rotini w/ Meat Sauce and Cheese Green Beans Mandarin Oranges Garlic Bread	11. Swedish Meatballs Garden Rice Blend Mixed Vegetables Apple Slices Dinner Roll	12. Roast Beef Mashed Potatoes & Gravy Broccoli Peaches in Gelatin Dinner Roll	
15. French Toast Pieces (2) w/ Syrup Turkey Sausages Diced Potatoes Fruit Punch Juice	16. Polish Sausage on a Hot Dog Bun Red Bliss Potatoes Baby Carrots Applesauce	17. Cheesy Goulash Sweet Corn Cherry Crisp Fresh Banana Garlic Bread	18. Chicken Tenders Ranch Dip Sweet Potato Cubes Green Beans Chocolate Cookie	19. Roast Pork Loin & Gravy Garden Blend Rice California Veggies Mixed Fruit Dinner Roll	
22. Chicken Lasagna Prince Charles Veg. Fig Cookie Pineapple Tidbits Garlic Bread	23. Breaded Pollock Tartar Sauce Baked Beans Sliced Carrots Peaches in Gelatin Dinner Roll	24. Mild Beef Chili Capri Veggies Apple Slices Chocolate Pudding Dinner Roll	25. Ham & Scalloped Potatoes Green Beans Cinnamon Applesauce Dinner Roll	26. Cabbage Roll Diced Sweet Potato Chocolate Chip Cookie Fresh (Halo) Orange Dinner Roll	
29. Roast Beef Mashed Potatoes & Gravy Mixed Veggies Mandarin Oranges Dinner Roll	30. Sweet & Sour Chicken over Brown Rice Oriental Veggies Fresh Banana Orange Loaf	<u>To cancel or restart a meal:</u> Please call 906-228-6522 before 9:00am day of service. Press 1 for senior nutrition--Press 1 again to leave a message. Thank You!			