

March 2024



ALGER-MARQUETTE
COMMUNITY ACTION
 HELPING PEOPLE • CHANGING LIVES

Monday	Tuesday	Wednesday	Thursday	Friday	<p><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.</p>
<p><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!</p>				<p>1. Roast Turkey Mashed Potatoes w/ Gravy Peas & Carrots Tropical Fruit Dinner Roll</p>	
<p>4. Lemon Pepper Chicken Baby Carrots Red Bliss Potatoes Diced Peaches Dinner Roll</p>	<p>5. Macaroni & Cheese Baked Beans Sweet Potato half Cherry Applesauce</p>	<p>6. Beef-Veg Stew Key West Veggies Apple Crisp Buttermilk Biscuit</p>	<p>7. Sliced Ham Mashed Potatoes & Gravy Green Beans Pineapple Tidbits Dinner Roll</p>	<p>8. French Toast Bake w/ Syrup Turkey Sausages Hash-browns Fruit Punch Juice</p>	
<p>11. Cheeseburger Baked Beans Wedge Fries Cinn.-Applesauce Burger Bun Ketchup & Mustard</p>	<p>12. Breaded Chicken Sweet Potato half Capri Veggies Diced Pears Dinner Roll</p>	<p>13. Cheesy Goulash Sweet Corn Fresh Pear Cherry Crisp Garlic Bread</p>	<p>14. Slices Turkey Mashed Potatoes & Gravy Broccoli Peaches in Gelatin Dinner Roll</p>	<p>15. Spaghetti w/ Meat Sauce Green Beans Sweet Corn Mandarin Oranges Garlic Bread</p>	
<p>18. Sausage w/Kraut Red Bliss Potatoes Baby Carrots Chocolate Mint Dessert Dinner Roll</p>	<p>19. Swedish Meatballs Garden Rice Blend Mixed Vegetables Tropical Fruit Dinner Roll</p>	<p>20. Breakfast for Lunch-Bacon, Egg and Cheese Bake Diced Potatoes Orange Juice Blueberry Muffin</p>	<p>21. Roast Beef & Gravy Garden Blend Rice California Veggies Mixed Fruit Dinner Roll</p>	<p>22. Chicken Lasagna Prince Charles Veg. Fig Cookie Pineapple Tidbits Garlic Bread</p>	
<p>25. Roast Beef Mashed Potatoes & Gravy Capri Veggies Diced Pears Dinner Roll</p>	<p>26. Breaded Pollock Tartar Sauce Cheesy Potatoes Sliced Carrots Peaches in Gelatin Dinner Roll</p>	<p>27. Cabbage Roll Diced Sweet Potato Chocolate Chip Cookie Tropical Fruit Dinner Roll</p>	<p>28. Chicken Enchiladas Mexican Rice Sweet Corn Chocolate Pudding Cornbread</p>	<p>29. Roast Pork Mashed Potatoes & Gravy Mixed Veggies Cinn.-Applesauce Dinner Roll</p>	