

JANUARY MENU - Senior Nutrition Program



Please call to reserve your meal by 12pm the day before.
TO CANCEL A MEAL
 Please Call (231) 723-6477
• NO MEALS PROVIDED ON SNOW DAYS •
 Food Service Provided By: MAPS
 (Manistee Area Public Schools)

1

NO MEAL SERVICE

2
 Country Fried Steak
 Steamed Broccoli
 Hubbard Squash
 Sliced Peaches
 WG Sliced Bread
 Milk

3
 Lasagna w/ a WG Garlic Breadstick
 Harvest Blend Vegetables
 Mixed Salad
 Pineapple Tidbits
 Milk

6
 Cheeseburger
 WG Bun
 Baked Beans
 Potato Salad
 Fruit Cocktail Cup
 Milk

7
 Chicken N' Noodles
 Steamed Peas
 Midori Blend Vegetables
 Fresh Banana
 WG Biscuit
 Milk

8
 Soft Taco - Beef and Cheese w/ (2) 6" tortillas
 Refried Beans
 Steamed Corn
 Mandarin Oranges
 Milk

9
 Lemon Pepper Baked Fish
 Hubbard Squash
 Asparagus Tips
 Raisins
 WG Roll
 Milk

10
 Pepperoni Pizza
 Green Beans
 Winter Blend Vegetables
 Cinnamon Apple Slices
 Milk

13
 Italian Sausage
 Sautéed Peppers & Onions
 Oven Roasted Potatoes
 Fresh Pear
 WG Hot Dog Bun

14
 Chicken Alfredo w/ WG Garlic Toast
 Slice Mixed Salad
 Steamed Broccoli
 Apple Slices
 Milk

15
 Sweet & Sour Meatballs
 Oriental Blend Vegetables
 Sliced Carrots
 Mandarin Oranges
 WG Roll
 Milk

16
 Beef Tips w/ Gravy
 Mashed Potatoes
 Brussel Sprouts
 Fruit Cocktail
 WG Biscuit
 Milk

17
 Tuna Noodle Casserole
 Mixed Vegetables
 Wango Mango Juice
 Fresh Orange
 WG Roll
 Mil

20
 Chicken Salad
 Croissant
 Coleslaw
 Three Bean Salad
 Strawberries & Blueberries
 Milk

21
 Chicken Ala King
 Peas & Carrots
 Spring Blend Vegetables
 Craisins
 WG Biscuit
 Milk

22
 Egg & Cheese Omelet
 Sautéed Peppers & Onions
 Potato Coins
 100% Apple Juice
 WG Muffin
 Milk

23
 Meatloaf
 Mashed Potatoes
 Green Beans
 Applesauce
 WG Dinner Roll
 Milk

24
 Cheese Ravioli w/ Garlic Breadstick
 Steamed Spinach
 Harvest Blend Vegetables
 Fresh Orange
 Milk

27
 Chili
 Cornbread Loaf
 Sliced Carrots
 Lima Beans
 Apple Slices
 Milk

28
 Glazed Chicken Drumstick
 Mashed Potatoes
 Gravy
 California Blend Sliced Pears
 Milk

29
 Orange Chicken
 Fried Rice
 Oriental Vegetables
 Steamed Brussel Sprouts
 Mandarin Oranges
 Milk

30
 Slice of Ham
 WG Bread Slice
 Cheesy Potatoes
 Collard Greens
 Banana
 Milk

31
 Shredded BBQ Pork
 WG Bun
 Baked Beans
 Potato Salad
 Strawberries & Blueberries
 Milk

The Michigan Department of Aging provides the regulations regarding this menu.

Hot meals are available to all Manistee County Seniors at 5 sites. A donation of \$3 per meal is appreciated. Visitors and anyone under 60 are welcome with a \$5 fee.

COMMUNITY LUNCHEON SITES

- Wagoner Community Center, Manistee • Monday - Friday at 12pm • 723-6477
- Norman Twp. Comm. Center, Wellston • Tuesday & Thursday at 11am • 231-884-8974 or 734-233-7603
- Pleasant Valley Comm. Center, Arcadia • Tuesday & Friday at 12:30pm • 510-2890
- Marilla Twp. Hall, Marilla • Wednesday at 12pm • 233-8395
- Maple Grove Comm. Center, Kaleva • Thursday at 12pm • 299-4484