

SEPTEMBER MENU

Senior Nutrition Program



<p>2</p> <p>LABOR DAY</p> <p>NO MEAL SERVICE!</p>	<p>3</p> <p>Italian Sausage Sautéed Peppers & Onions Baked Beans Fresh Pear WG Hot Dog Bun Milk</p>	<p>4</p> <p>Wet Burrito Midori Blend Vegetables Refried Beans Mandarin Oranges WG Dinner Roll Milk</p>	<p>5</p> <p>Turkey & Cheese Sandwich Potato Salad Diced Beets Grapes Baked Chips Milk</p>	<p>6</p> <p>Stuffed Cabbage Diced Carrots Stewed Tomatoes Applesauce WG Sliced Bread Milk</p>
<p>9</p> <p>Chicken Ala King Peas & Carrots Spring Blend Vegetables Dried Cranberries WG Biscuit Milk</p>	<p>10</p> <p>Sloppy Joe Asparagus Capri Blend Vegetables Cinnamon Apple Slices WG Hamburger Bun Milk</p>	<p>11</p> <p>Glazed Chicken Drumstick Mashed Potatoes w/ Gravy California Blend Sliced Pears WG Dinner Roll Milk</p>	<p>12</p> <p>Homemade Goulash Green Beans Steamed Cauliflower Diced Peaches WG Sliced Bread Milk</p>	<p>13</p> <p>Marinated Pork Loin Harvest Blend Vegetables Lima Beans Blueberries WG Dinner Roll Milk</p>
<p>16</p> <p>Sweet & Sour Meatballs Oriental Blend Vegetables Sliced Carrots Mandarin Oranges Milk</p>	<p>17</p> <p>Chicken Cordon Bleu Hubbard Squash Garden Blend Vegetables Pineapple Tidbits Milk</p>	<p>18</p> <p>Chicken N Noodles Steamed Peas Midori Blend Vegetables Fresh Banana Milk</p>	<p>19</p> <p>Cheeseburger Baked Beans Asparagus Raisins WG Hamburger Bun Milk</p>	<p>20</p> <p>Beef Tips w/ Gravy Mashed Potatoes Brussel Sprouts Fruit Cocktail Milk</p>
<p>23</p> <p>Chicken Sandwich Baked Beans Spring Blend Vegetables Strawberries WG Hamburger Bun Milk</p>	<p>24</p> <p>Homemade Meatloaf Mashed Potatoes Green Beans Applesauce WG Dinner Roll Milk</p>	<p>25</p> <p>Scrambled Eggs & Sausage Sautéed Peppers / Onions Potato Coins Apple Juice WG Blueberry Muffin Milk</p>	<p>26</p> <p>Country Fried Steak Steamed Broccoli Hubbard Squash Sliced Peaches WG Sliced Bread Milk</p>	<p>27</p> <p>Spanish Rice Refried Beans Spinach Fresh Grapes WG Dinner Roll Milk</p>
<p>30</p> <p>Turkey Gravy Mashed Potatoes Peas & Carrots Fruit Cocktail WG Biscuit Milk</p>	<p>Please call to reserve your meal by 12pm the day before.</p> <p>TO CANCEL A MEAL Please Call - (231) 723-6477</p> <p>The Michigan Department of Aging provides the regulations regarding this menu.</p> <p>Food Service Provided By: MAPS - Manistee Area Public Schools</p>			

Community Senior Luncheon Schedule

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

- Wagoner Community Center, Manistee** • Monday - Friday at 12pm • **723-6477**
- Norman Twp. Comm. Center, Welston** • Tuesday & Thursday at 11:30am • **299-0330**
- 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**

PLEASE CALL TO RESERVE YOUR MEAL BY 12PM THE DAY BEFORE - Contact number listed by each site.