

OCTOBER MENU - Senior Nutrition Program



Please call to reserve your meal by 12pm the day before. TO CANCEL A MEAL Please Call (231) 723-6477

1
BBQ Chicken
Harvest Blend Vegetables
Steamed Broccoli
Blueberries
WG Sliced Bread
Milk

2
Baked Ham
Scalloped Potatoes
Asparagus
Mandarin Oranges
WG Dinner Roll
Milk

3
Chicken Tenders
Steamed Corn
Brussel Sprouts
Diced Pears
WG Dinner Roll
Milk

4
Pepperoni Pizza
Mixed Vegetables
Spring Blend Vegetables
Fresh Apple
Milk

7
Hamburger Gravy
Mashed Potatoes
Capri Blend Vegetables
Cranberry Sauce
WG Dinner Roll
Milk

8
Cheese Ravioli
Steamed Spinach
Sliced Carrots
Diced Peaches
WG Dinner Roll
Milk

9
Lemon Pepper Fish
Lima Beans
Midori Blend Vegetables
Apple Sauce
WG Dinner Roll
Milk

10
Smoker Sausage
Sautéed Peppers
Cheese Potato Bake
Pineapple Tidbits
WG Hot Dog Bun
Milk

11
Stuffed Peppers
Cauliflower
Stewed Tomatoes
Sliced pears
WG Biscuit
Milk

14
Chicken Salad Croissant
Cole Slaw
Three Bean Salad
Dried Cranberries
Milk

15
Swedish Meatballs
Mashed Potatoes
Winter Blend Vegetables
Strawberries
WG Sliced Bread
Milk

16
Cheeseburger
Baked Beans
Garden Blend Vegetables
Banana
WG Hamburger Bun
Milk

17
Beef & Noodle
Steamed Corn
Waxed Beans
Fruit Cocktail
WG Biscuit
Milk

18
Marinated Port Loin
Hubbard Squash
Asparagus
Cinnamon Apple Slices
WG Dinner Roll
Milk

21
Salisbury Steak
Mashed Potatoes
Green Beans
Diced Pears
WG Dinner Roll
Milk

22
Wet Burrito
Refried Beans
Midori Blend Vegetables
Banana
WG Dinner Roll
Milk

23
Chicken Drumstick
Broccoli
Prince Charles Vegetables
Mandarin Oranges
WG Biscuit
Milk

24
Lasagna
Steamed Spinach
Cauliflower
Blueberries
WG Dinner Roll
Milk

25
Corned Beef
Cabbage
Diced Carrots
Pineapple Tidbits
Rye Bread
Milk

28
Sloppy Joe
Baked Beans
Mixed Vegetables
Fruit Cocktail
WG Hamburger Bun
Milk

29
Scrambled Eggs & Sausage
Oven Potatoes
Sautéed Peppers & Onions
Apple Sauce
Milk

30
Orange Chicken
Brow Rice Pilaf
Oriental Blend Carrots
Pineapple Tidbits
Milk

31
HALLOWEEN PARTY
Chili
Steamed Corn
Waxed Beans
Fresh Pear
Milk **NO MEALS SERVED at the senior center.**

The Michigan Department of Aging provides the regulations regarding this menu. Food Service Provided By: MAPS (Manistee Area Public Schools)

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.

COMMUNITY LUNCHEON SITES

- 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

