



ALGER-MARQUETTE
COMMUNITY ACTION
HELPING PEOPLE • CHANGING LIVES


AUGUST 2016



Munising

To cancel or restart a meal:

Please call 228-6522 -- Press 1 for Senior Nutrition -- Then press 1 again.
Record your message. Please call before 2:00 pm. the day before.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Pot Roast and Gravy Mashed Potatoes (1) Wisconsin Blend Vegetables Pears (1)	Lasagna (2) Broccoli Fruit Cocktail (1)	Ham Slice with Pineapple (1) Red Potatoes (1) Squash (½)	Meatballs in Gravy Mashed Potatoes (1) Mixed Vegetables (½) Applesauce (1)	BBQ Chicken (½) Baked Beans (2) Pr. Edward Mixed Vegetables Mandarin Oranges (1)
8	9	10	11	12
Sloppy Joe on a Bun (2) Seasoned Potatoes (1) California Blend Vegetable Peaches (1)	Grilled Chicken Breast Mashed Potatoes (1) & Gravy Pr. William Blend Vegetables Spiced Apples (1)	Spanish Rice (2) with Meat Black Beans (1) Fresh Orange (1)	Salisbury Steak Mashed Potatoes (1) & Gravy Green Beans Applesauce (1)	Tilapia Red Potatoes (1) Mixed Vegetables (½) Pears (1)
15	16	17	18	19
Hamburger Gravy over Mashed Potatoes (1) Pr. Edward Blend Vegetables Fruit Cocktail (1)	Omelet Muffin (1) California Blend Vegetables Fresh Orange (1)	Breaded Chicken Breast (½) Cheesy Potatoes (1) Green Beans Apricots (1)	Tater Tot Casserole (2) Carrots Mandarin Oranges (1)	Pork Cutlet Mashed Potatoes (1) & Gravy Broccoli Spiced Apples (1)
22	23	24	25	26
Meatloaf Deviled Potatoes (1) Mixed Vegetables (½) Fresh Orange (1)	Sweet and Sour Chicken (2) over Rice (2) Key Largo Blend Vegetables Pineapple Chunks (1)	Salisbury Steak Mashed Potatoes (1) & Gravy Green Beans Applesauce (1)	Grilled Chicken Breast Mashed Potatoes (1) & Gravy Wisc. Blend Vegetables Spiced Apples (1)	Macaroni and Cheese (2) Stewed Tomatoes Green Beans Apricots (1)
29	30	31		
Chicken, Rice, Broccoli Casserole (2) Key Largo Blend Vegetables Peaches (1)	Beef Stew (1) Biscuit (1) Applesauce (1)	Sliced Turkey Mashed Potatoes (1) & Gravy Carrots Fruit Cocktail (1)		

Bread (1) or bread alternate (1), margarine & milk (1) served with all meals.

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.

For Persons with Diabetes, number of carbohydrate servings are in parenthesis.