

June

2023

Manistee County Senior Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Sloppy Joe 1 Baked Beans California Blend Vegetables Diced Peaches WG Hamburger Bun Milk	Macaroni & Cheese 2 Steamed Peas Diced Carrots Fresh Apple Slices Pretzel Stick Milk
Cheese Ravioli 5 Spinach Winter Blend Vegetables Strawberries WG Garlic Toast Milk	Turkey Gravy 6 Mashed Potatoes Green Beans Diced Pears WG Biscuit Milk	Sweet & Sour Meatballs 7 Oriental Blend Vegetables Sliced Carrots Pineapple Tidbits WG Dinner Roll Milk	Scrambled Eggs 8 Sausage Links Oven Diced Potatoes Sautéed Peppers/Onions 100% Fruit Juice WG Blueberry Muffin Milk	Beef Tips w/ Gravy 9 Sweet Potatoes Asparagus Fresh Grapes WG Dinner Roll Milk
Homemade Meatloaf 12 Mashed Potatoes Steamed Corn Sliced Pears WG Sliced Bread Milk	Chicken Tenders 13 Hubbard Squash Spring Blend Vegetables Fruit Cocktail WG Dinner Roll Milk	Lasagna 14 Key Largo Vegetables Waxed Beans Fresh Banana WG Garlic Toast Milk	Ham & Cheese Croissant 15 Potato Salad Three Bean Salad Blueberries Milk	Baked Cod 16 Lima Beans Capri Blend Vegetables Applesauce WG Dinner Roll Milk
Shredded Pork BBQ 19 Baked Beans Peas & Carrots Cinnamon Apple Slices WG Hamburger Bun Milk	Chili 20 Fiesta Corn Waxed Beans Diced Peaches Corn Muffin Milk	Chicken N Noodles 21 Brussel Sprouts Steamed Corn Mandarin Oranges WG Biscuit Milk	Breaded Chicken Drumstick 22 Mashed Potatoes Asparagus Mixed Berry Fruit Cup WG Dinner Roll Milk	Oven Roasted Pork Loin 23 Baby Potatoes Mixed Vegetables Cranberry Sauce WG Dinner Roll Milk
Cabbage Rolls 26 Root Blend Vegetables Stewed Tomatoes Fruit Cocktail WG Sliced Bread Milk	Italian Sausage 27 Cheese Potato Bake Winter Blend Vegetables Applesauce WG Hot Dog Bun Milk	Salisbury Steak 28 Mashed Potatoes Green Beans Strawberries WG Dinner Roll Milk	Chicken Salad 29 Beets Coleslaw Fresh Banana WG Sliced Bread Milk	Bake BBQ Chicken 30 Cauliflower Cooks Choice Vegetables Sliced Pears WG Dinner Roll Milk

News

**To Cancel a Meal
Please Call
(231) 723-6477**

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

Provided By: