

NOVEMBER MENU - Senior Nutrition Program



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

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

1
 Turkey & Gravy
 Mashed Potatoes
 Green Beans
 Diced Peaches
 WG Biscuit
 Milk

4
 Chicken Alfredo
 Steamed Broccoli
 Hubbard Squash
 Pineapple Tidbits
 WG Dinner Roll
 Milk

5
 Sweet & Sour Meatballs
 Oriental Blend
 Vegetables
 Steamed Carrots
 Mandarin Oranges
 WG Dinner Roll
 Milk

6
 Italian Sausage
 Sautéed Peppers & Onions
 Oven Baked Sweet Potatoes
 Fruit Cocktail
 WG Hot Dog Bun
 Milk

7
 Homemade Meatloaf
 Mashed Potatoes
 Collard Greens
 Sliced Pears
 WG Sliced Bread
 Milk

8
 Toasted Cheese
 Sandwich
 Tomato Soup
 Waxed Beans
 Fresh Apple
 WG Sliced Bread
 Milk

11
 Marinated Chicken Breast
 Steamed Carrots
 Capri Blend Vegetables
 Sweet Cherries
 WG Dinner Roll
 Milk

12
 Country Fried Steak
 Steamed Corn
 Spinach
 Fruit Cocktai
 Milk

13
 Chicken Cordon Bleu
 Garden Blend Vegetables
 Cauliflower
 Diced Peaches
 Milk

14
 Cheeseburger
 Baked Beans
 Asparagus
 Raisins
 WG Hamburger Bun
 Milk

15
 Oven Baked Ham
 Cheese Potatoes
 Brussel Sprouts
 Blueberries
 WG Dinner Roll
 Milk

18
 Lemon Pepper Baked Fish
 Lima Beans
 Steamed Carrots
 Applesauce
 WG Dinner Roll
 Milk

19
 Egg & Cheese Omelet
 Sautéed Peppers &
 Onions
 Oven Potatoes
 100% Apple Juice
 Milk

20
 Salisbury Steak
 Hubbard Squash
 Green Beans
 Diced Pears
 WG Sliced Bread
 Milk

21
 Cheeseburger
 Baked Beans
 Asparagus
 Raisins
 WG Hamburger Bun
 Milk

22
 Cheese Ravioli
 Harvest Blend Vegetables
 Spinach
 Sliced Peaches
 WG Sliced Bread
 Milk

25
 Shredded Pork BBQ
 Baked Beans
 Potato Coins
 Blueberries
 WG Hamburger Bun
 Milk

26
 Tuna Noodle Casserole
 Mixed Vegetables
 Cook's Choice Vegetable
 Banana
 WG Dinner Roll
 Milk

27
 Oven Roasted Turkey
 Mashed Potatoes w/ Gravy
 Stuffing / Green Bean
 Casserole
 Homemade Apple Crisp
 WG Dinner Roll
 Milk

28
**HAPPY
 THANKSGIVING!**
 SENIOR CENTER CLOSED

29
**HAPPY
 THANKSGIVING!**
 SENIOR CENTER CLOSED

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 • 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