



2025 AUGUST MEALS



1

Beef Stuffed Pepper
Roasted Corn Blend
Root Blend
Vegetables
Blueberries
Dinner Roll
Milk

8

Teriyaki Chicken with
Fried Rice Oriental
Blend Vegetables
Sliced Carrots
Craisins
Milk

4

Grilled Chicken
Sandwich WG
Hamburger Bun
Harvest Blend
Vegetable Diced
Beets , Fresh Pear
Milk

5

Meatloaf with a Slice
of WG Bread
Hubbard Squash
Collard Greens
Orange
Milk

6

Lemon Pepper Fish
w/ WG Roll
Asparagus Spears
Peas & Carrots
Apple
Milk

7

Cheeseburger on
WG Bun
Brussel Sprouts
Broccoli
Banana
Milk

11

Spanish Rice &
Refried Beans
Cottage Cheese
Roasted Corn &
Peppers Harvest
Vegetables Orange
Milk

12

Beef Tips with Gravy
& Egg Noodles
Midori Blend
Vegetables Broccoli &
Cauliflower
Strawberries
Milk

13

Egg & Cheese Omelet
Sautéed Peppers and
Onions & Roasted
Potatoes 100% Apple
Juice , WG Muffin
Milk

14

Country Fried Steak
Dinner Roll
Cheesy Potatoes
Sliced Carrots
Fresh Pear
Milk

15

Chicken Alfredo with
WG Garlic Toast Slice
Mixed Salad
Steamed Broccoli
Plum
Milk

18

Swedish Meatballs
Mashed Potatoes
Steamed Brussel
Sprouts Apple
Garlic Breadstick
Milk

19

Chicken Tenders w/
Garlic Breadsticks
Harvest Vegetable
Blend Steamed
Spinach Orange
Milk

20

Chicken Cordon Bleu
w/ Bread Slice
Italian Blend
Vegetables, Squash
Fresh Plum
Milk

21

Beef Cabbage Roll
Capri Vegetable
Blend Zucchini
Fresh Pear
Dinner Roll
Milk

22

Italian Sausage on
WG Bun Sautéed
Peppers & Onions
Oven Roasted Sweet
Potatoes Blueberries
Milk

25

Chicken Salad on
Croissant Cucumber
Salad, Three Bean
Salad
Craisins
Milk

26

Biscuits & Sausage
Gravy Roasted Sweet
Potatoes Collard
Greens, Apple
Cheese Stick
Milk

27

NO MEAL SERVICE
due to school inservice

Have A Great
DAY!

28

Chicken Drumstick
with a WG Roll
Sliced Carrots
Midori Blend
Vegetables Orange
Milk

29

Goulash with WG
Texas Toast
Cauliflower
Mixed Salad
Banana
Milk

Hot meals are available to all Manistee Seniors at 5 sites. A \$3 donation is appreciated, and visitors/under 60 may join for \$5. Please call by noon the day before to reserve your meal. To cancel a meal, call (231) 723-6477.

No meals are provided on snow days. MAPS (Manistee Area Public Schools) provides the food services.

COMMUNITY LUNCHEON SITES

Wagoneer Community Center, Manistee - Monday - Friday at noon 723-6477
Norman Twp. Comm. Center, Wellston - Tuesday & Thursday at 11 AM 231-884-8974
Pleasant Valley Comm. Center, Arcadia - Tuesday & Friday at 12:30 PM 510-2890
Marilla Twp. Hall, Marilla - Wednesday at noon 233-8395
Maple Grove Comm. Center, Kaleva - Thursday at noon 299-4484

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