

# August

# 2022

## Manistee County Senior Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Ala King 1 Cauliflower Spring Blend Vegetables Blueberries WG Sliced Bread Milk	Sweet & Sour Meatballs 2 Steamed Broccoli Root Blend Vegetables Pineapple Tidbits WG Dinner Roll Milk	Turkey Gravy 3 Mashed Potatoes Green Beans Fruit Cocktail Biscuit Milk	Homemade Goulash 4 Sliced Carrots Asparagus Diced Peaches Garlic Toast Milk	Sausage Egg & Cheese English Muffin 5 Seasoned Diced Potatoes Sauteed Peppers & Onions Raisins Milk
Fish Sandwich 8 Chef Blend Vegetables Lima Beans Sliced Pears WG Hamburger Bun Milk	Homemade Beef & Noodles 9 Steamed Peas Winter Blend Vegetables Applesauce WG Dinner Roll Milk	Egg Salad Sandwich 10 Three Bean Salad Creamy Cucumbers Banana WG Sliced Bread Milk	Shepherd's Pie 11 Squash Cauliflower Blueberries Biscuit Milk	Pepperoni Pizza 12 Baked Beans Sliced Carrots Watermelon Pudding Cup Milk
Cheese Lasagna 15 Spinach Fiesta Corn Diced Peaches Garlic Toast Milk	Pork Steak 16 Sweet Potatoes Green Beans Cinnamon Apple Slices WG Dinner Roll Milk	Homemade Beef Stew 17 Peas & Carrots Brussel Sprouts Mixed Berry Fruit Cup Biscuit Milk	Ham & Cheese Croissant 18 Potato Salad Beets Tropical Fruit Croissant Milk	Hamburger Gravy 19 Mixed Vegetables Mashed Potatoes Fruit Cocktail Biscuit Milk
Cabbage Rolls 22 Stewed Tomatoes Waxed Beans Applesauce WG Dinner Roll Milk	Chicken Alfredo 23 Steamed Broccoli Diced Carrots Mandarin Oranges Biscuit Milk	Sloppy Joe 24 Baked Beans Steamed Corn Strawberries WG Hamburger Bun Milk	Marinated Chicken 25 Breast Italian Vegetable Blend Cauliflower Sliced Pears WG Dinner Rolls/ Milk	Toasted Cheese 26 Tomato Soup Spring Blend Vegetables Pineapple Tidbits WG Sliced Bread Milk
Homemade Chicken & Noodles 29 Green Beans Sliced Carrots Diced Pears Biscuit Milk	Sliced Meatloaf 30 Mashed Potatoes Asparagus Fruit Cocktail WG Dinner Roll Milk	Egg & Cheese Omelet 31 Oven Diced Potatoes Sauteed Peppers & Onions 100% Fruit Juice Blueberry Muffin Milk		

### News

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

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

**Provided By:**