

October

2022

Manistee County Senior Meals

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Swedish Meatballs 3 Mashed Potatoes Green Beans Fruit Cocktail WG Dinner Roll +</p>	<p>Baked BBQ Chicken 4 Asparagus Hubbard Squash Applesauce WG Sliced Bread +</p>	<p>Egg & Cheese Omelet 5 Seasoned Diced Potatoes Peppers & Onions 100% Juice WG Apple Muffin Milk</p>	<p>Cabbage Rolls 6 California Blend Steamed Peas Diced Pears WG Dinner Roll Milk</p>	<p>Cheese Lasagna 7 Steamed Spinach Diced Carrots Sliced Peaches WG Garlic Toast Milk</p>
<p>Tuna Noodle Casserole 10 Lima Beans Steamed Corn Sliced Pears WG Dinner Roll Milk +</p>	<p>Breaded Pork Chop Steak 11 Sweet Potatoes Spring Blend Vegetables Cinnamon Apples WG Dinner Roll +</p>	<p>Chicken Ala King 12 Brussel Sprouts Mixed Vegetables Mandarin Oranges WG Biscuit Milk</p>	<p>Sloppy Joe 13 Baked Beans Potato Coins Strawberries WG Hamburger Bun Milk</p>	<p>Shepherd's Pie 14 Key Largo Vegetables Cooks Choice Vegetables Fresh Banana WG Dinner Roll +</p>
<p>Chicken Alfredo 17 Steamed Broccoli Sliced Carrots Pineapple Tidbits WG Biscuit +</p>	<p>Homemade Goulash 18 Green Beans Fiesta Corn Sliced Peaches WG Garlic Toast +</p>	<p>Chicken Chow Mein 19 Oriental Blend Vegetables Cauliflower Fruit Cocktail +</p>	<p>Turkey Gravy 20 Mashed Potatoes Asparagus Applesauce WG Biscuit Milk</p>	<p>Ham & Cheese Croissant 21 Baked Beans Cheese Potatoes Watermelon Milk</p>
<p>Honey Lemon Chicken Breast 24 Rice Pilaf Root Vegetable Blend Steamed Peas Diced Pears +</p>	<p>Toasted Cheese Sandwich 25 Tomato Soup Spinach Fresh Banana Milk</p>	<p>Hamburger Gravy 26 Mashed Potatoes Steamed Peas & Carrots Raisins WG Biscuit +</p>	<p>Chicken Strips 27 Winter Blend Vegetables Waxed Beans Applesauce WG Dinner Roll +</p>	<p>Beef Stew 28 Brussel Sprouts Steamed Corn Blueberries WG Biscuit Milk</p>
<p>Pepperoni Pizza 31 Baked Beans Mixed Vegetables Diced Pears Milk +</p>				

News

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

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

Provided By: