

NOVEMBER 2025 MEALS

3 Meatloaf with a Slice of WG Bread Hubbard Squash Collard Greens Fresh Orange Milk 	4 Lemon Pepper Fish w/ WG Dinner Roll Asparagus Tips Peas & Carrots Fresh Apple Milk 	5 Italian Sausage on WG Bun Sautéed Peppers & Onions Oven Roasted Sweet Potatoes Fresh Blueberries Milk 	6 Egg & Cheese Omelet Sautéed Peppers & Onions Roasted Potatoes Apple Juice WG Muffin Milk 	7 Chili w/ Biscuit Roasted Corn & Peppers Sliced Carrots Fresh Plum Milk
10 Cheeseburger on WG Bun Brussel Sprouts Paco Blend Vegetables Fresh Banana Milk 	11 Teriyaki Chicken with Fried Rice Oriental Blend Vegetables Sliced Carrots Craisins Milk 	12 Beef Tips with Gravy & Egg Noodles Midori Blend Veg. Zucchini Slices Fresh Strawberries Milk 	13 Chicken Cordon Bleu w/ WG Bread Slice Sliced Carrots Cheesy Potatoes Fresh Plum Milk 	14 Grilled Cheese & Tomato Bisque Broccoli Fresh Banana Milk
17 Mac & Cheese Breadstick Mixed Salad Fresh Orange Milk 	18 Soft Taco - Meat, Shredded Cheese, (2) 6" Tortillas Corn Black Beans Pineapple Tidbits Milk 	19 Country Fried Steak w/ Gravy WG Dinner Roll Mashed Potatoes Midori Blend Fresh Pear Milk 	20 Sliced Turkey with Gravy Mashed Potatoes Brussel Sprouts Dinner Roll Fresh Apple Milk 	21 Biscuits & Sausage Gravy Roasted Sweet Potatoes Collard Greens Fresh Apple Cheese Stick Milk
24 Chicken Salad on Croissant Cucumber Salad Potato Salad Craisins Milk 	25 Breaded Fish on Hamburger Bun Winter Blend Veg. Zucchini Slices Fresh Pear WG Dinner Roll Milk 	26 Chicken Tenders w/ WG Bread Slice Harvest Vegetable Blend Peas & Carrots Fresh Orange Milk 	27 NO MEAL SERVICE HAPPY THANKSGIVING 	28 NO MEAL SERVICE HAPPY THANKSGIVING 



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



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 •



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.