

July

2022

Manistee County Senior Meals

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				Chicken Strips 1 Starz Potatoes Green Beans Watermelon Chunks WG Dinner Roll Milk
HAPPY 4 TH OF JULY 4 NO MEAL SERVICE TODAY!	Swedish Meatballs 5 Mashed Potatoes Peas & Carrots Applesauce WG Dinner Roll Milk	Cheese Ravioli 6 Waxed Beans Winter Blend Vegetables Sliced Peaches Garlic Toast Milk	Turkey & Cheese Pita 7 Potato Salad Three Bean Salad Fresh Banana Pita Bread Milk	Italian Sausage 8 Sauteed Peppers & Onions Baked Beans WG Hot Dog Buns Mixed Berry Cup Milk
Sliced Meatloaf 11 Garlic Mashed Potatoes Steamed Corn Fruit Cocktail Biscuit Milk	Stuffed Green Peppers 12 Mixed Vegetables Stewed Tomatoes Pineapple Tidbits WG Dinner Roll Milk	Chili 13 Spring Blend Vegetables Green Beans Diced Pears Corn Bread Milk	Chicken Cordon Bleu 14 Hubbard Squash Red Skin Mashed Potatoes Strawberries WG Dinner Roll Milk	Pork Chop Steak 15 Sweet Potatoes Broccoli Cinnamon Apple Slices WG Dinner Roll Milk
Scrambled Eggs 18 Sausage Links Oven Diced Potatoes Sauteed Peppers & Onions WG Blueberry Muffin Raisins Milk	Lemon Pepper Baked Fish 19 Rice Pilaf Lima Beans Fresh Banana WG Dinner Roll Milk	Country Fried Steak 20 Mashed Potatoes Asparagus Diced Peaches WG Dinner Roll Milk	Macaroni & Cheese 21 Steamed Peas California Blend Vegetables Applesauce Soft Pretzel Stick Milk	Sliced Ham 22 Scalloped Potatoes Green Beans Pineapple Tidbits WG Dinner Roll Milk
Cheeseburger 25 Potato Coins Baked Beans Fruit Cocktail WG Hamburger Bun Milk	Chicken Gravy 26 Mashed Potatoes Hubbard Squash Applesauce Biscuit Milk	Tuna Noodle Casserole 27 Mixed Vegetables Winter Vegetable Blend Mandarin Oranges WG Dinner Roll Milk	Spanish Rice w/ Hamburger 28 Refried Beans Stewed Tomatoes Sliced Peaches WG Dinner Roll Milk	Chicken Cordon Blue 29 Diced Carrots Rosemary Garlic Potatoes Diced Pears WG Sliced Bread Milk

News

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

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

Provided By: