

## Senior Nutrition Program ~ July 2024

1 Cheese Ravioli Steamed Spinach Diced Carrots Sliced Peaches Dinner Roll	2 Chicken Ala King Peas & Carrots Spring Blend Vegetables Dried Cranberries Biscuit	3 STARS & STRIPES Chicken Strips Potato Starz Green Beans Fruit Cocktail Dinner Roll <b>No Meal Manistee</b>	4 <b>Senior Center Closed. No Lunch Served. No Meals on Wheels Delivered Today.</b>	5 <b>Senior Center Closed No Lunch Served. No Meals on Wheels Delivered Today.</b>
8 Marinated Chicken Waxed Beans Hubbard Squash Diced Pears Dinner Roll	9 Wet Burrito Midori Blend Vegetables Refried Beans Mandarin Oranges Dinner Roll	10 Italian Sausage Sauteed Peppers & Onions Baked Beans Fresh Banana Hot Dog Bun	11 Turkey & Cheese Sandwich Potato Salad Diced Beets Grapes Sliced Bread	12 Beef & Noodles Mixed Vegetables Steamed Broccoli Fruit Cocktail Biscuit
15 Orange Blossom Chicken Rice Pilaf Oriental Blend Vegetables Sliced Carrots Pineapple Tidbits Dinner Roll	16 Swedish Meatballs Mashed Potatoes Asparagus Strawberries Biscuit	17 Homemade Goulash Green Beans Steamed Cauliflower Sliced Peaches Dinner Roll	18 Marinated Pork Loin Steamed Corn Brussels Sprouts Cinnamon Apple Slices Sliced Bread	19 Stuffed Cabbage Diced Carrots Stewed Tomatoes Cooks Choice Fruit Dinner Roll
22 Turkey Gravy Mashed Potatoes Steamed Broccoli Cranberry Sauce Dinner Roll	23 Sloppy Joe Baked Beans California Blend Vegetables Fresh Grapes Hamburger Bun	24 Glazed Chicken Drumstick Sweet Potatoes Asparagus Sliced Pears Biscuit	25 Egg & Cheese Omelet Sausage Links Sauteed Peppers & Onions Potato Coins Blueberries Muffin	26 Lemon Pepper Fish Lima Beans Hubbard Squash Applesauce Dinner Roll
29 Egg Salad Sandwich Three Bean Salad Coleslaw Raisins Sliced Bread	30 Oven Baked Ham Cheese Potato Bake Cooks Choice Vegetable Pineapple Tidbits Dinner Roll	31 Chicken Alfredo Oriental Blend Vegetables Sliced Carrots Mandarin Oranges Biscuit		

### Community Senior Luncheon Schedule

Hot meals are available to all Manistee County Seniors at six sites.

Donations of \$3 per meal are gladly accepted. Visitors and anyone under 60 are welcome for a \$5 fee

SITE	Schedule	RSVP #
Wagoner Community Center in Manistee	Monday - Friday at 12:00 pm	723-6477
Farr Center in Onokama	No meals at this time	889-4690
Norman Twp Community Center in Wellston	Tuesday and Thursday at 11:30 am	299-0330
Pleasant Valley Community Center in Arcadia	Tuesday and Friday at 12:30 pm	510-2890
Marilla Twp Hall in Marilla	Wednesday at 12:00 pm	233-8395
Maple Grove Twp Community Center in Kaleva	Thursday at 12:00 pm	299-4484

**Reservations must be made by 12:00 pm the day before you would like the meal, at all sites.**