

January

2023

Manistee County Senior Meals

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>HOLIDAY 2</p> <p>NO MEAL DELIVERY</p>	<p>Sweet & Sour Meatballs 3</p> <p>Rice Pilaf Steamed Broccoli Oriental Blend Vegetables Pineapple Tidbits WG Dinner Roll Milk</p>	<p>Egg & Cheese Omelette 4</p> <p>Sausage Sauteed Peppers & Onions Oven Diced Potatoes Apple Juice WG Blueberry Muffin Milk</p>	<p>Homemade Goulash 5</p> <p>Green Beans Spring Blend Vegetables Sliced Peaches WG Garlic Toast Milk</p>	<p>6</p> <p>Pepperoni Pizza Steamed Corn Baked Beans Fresh Apple Slices Milk</p>
<p>9</p> <p>Cabbage Rolls California Blend Vegetables Stewed Tomatoes Fruit Cocktail WG Sliced Bread Milk</p>	<p>Lemon Pepper Fish 10</p> <p>Lima Beans Winter Blend Vegetables Applesauce WG Dinner Roll Milk</p>	<p>11</p> <p>Chicken Ala King Brussel Sprouts Mixed Vegetables Fresh Banana WG Dinner Roll Milk</p>	<p>12</p> <p>Beef Stew Diced Carrots Brussel Sprouts Raisins WG Biscuit Milk</p>	<p>13</p> <p>Chicken Tenders Sweet Potatoes Peas Sliced Peaches WG Dinner Roll Milk</p>
<p>16</p> <p>Hamburger Gravy Mashed Potatoes Asparagus Diced Pears WG Biscuit Milk</p>	<p>17</p> <p>Chicken Cordon Bleu Garlic Diced Potatoes Hubbard Squash Cinnamon Apple Slices WG Dinner Roll Milk</p>	<p>18</p> <p>Chili Steamed Corn Waxed Beans Fruit Cocktail Corn Bread Milk</p>	<p>19</p> <p>Tuna Noodle Casserole Lima Beans California Blend Vegetables Pineapple Tidbits WG Dinner Roll Milk</p>	<p>20</p> <p>Pepperoni Pizza Baked Beans Sliced Carrots Fresh Apple Slices WG Cookie Milk</p>
<p>23</p> <p>Ham & Cheese Croissant Potato Salad Three Bean Salad Craisins Milk</p>	<p>24</p> <p>Spanish Rice Diced Carrots Fiesta Corn Diced Pears WG Sliced Bread Milk</p>	<p>25</p> <p>Turkey Gravy Mashed Potatoes Green Beans Blueberries WG Dinner Roll Milk</p>	<p>26</p> <p>Marinated Chicken Breast Steamed Broccoli Cauliflower Mandarin Oranges WG Dinner Roll Milk</p>	<p>27</p> <p>Cheese Ravioli Spinach Key Largo Vegetable Blend Sliced Peaches Garlic Toast Milk</p>
<p>30</p> <p>Sloppy Joe Baked Beans Potato Coins Strawberries WG Hamburger Buns Milk</p>	<p>31</p> <p>Breaded Chicken Drumstick Mashed Potatoes Mixed Vegetables Applesauce WG Dinner Roll Milk</p>			

News

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

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

**No meals provided
on SNOW DAYS**

Provided By:

