

February

2023

Manistee County Senior Meals

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|---|---|--|--|---|
| | | Macaroni & Cheese 1 Steamed Peas Sliced Carrots Fresh Banana Pretzel Stick Milk | Fish Sandwich 2 Lima Beans Winter Blend Vegetables Diced Pears WG Hamburger Bun Milk | Smoked Sausage 3 Scalloped Potatoes Sauteed Peppers & Onions Cinnamon Apple Slices WG Hot Dog Bun Milk |
| Hamburger Gravy 6 Mashed Potatoes Green Beans Sliced Peaches WG Biscuit Milk | Chicken Alfredo 7 Steamed Broccoli Diced Carrots Pineapple Tidbits WG Dinner Roll Milk | Breaded Pork Chop 8 Sweet Potatoes Asparagus Applesauce WG Dinner Roll Milk | Beef & Noodles 9 Cooks Choice Vegetable Brussel Sprouts Mandarin Oranges WG Sliced Bread Milk | Baked BBQ Chicken 10 Cauliflower Spring Blend Vegetables Fresh Grapes WG Dinner Roll Milk |
| Chicken N Noodles 13 Sliced Carrots Mixed Vegetables Blueberries WG Biscuit Milk | Oven Baked Ham 14 Cheese Potato Bake Winter Blend Vegetables Cinnamon Apple Slices WG Dinner Roll Milk | Lasagna 15 Spinach Key Largo Vegetables Slice Peaches WG Garlic Toast Milk | Salisbury Steak 16 Mashed Potatoes California Blend Vegetables Fruit Cocktail WG Dinner Roll Milk | Pepperoni Pizza 17 Baked Beans Steamed Corn Fresh Apple Slices Pudding Cup Milk |
| Stuffed Green Peppers 20 Asparagus Stewed Tomatoes Pineapple Tidbits WG Dinner Roll Milk | Chicken Tenders 21 Hubbard Squash Streamed Broccoli Sliced Pears WG Dinner Roll Milk | Homemade Meatloaf 22 Mashed Potatoes Peas & Carrots Applesauce WG Sliced Bread Milk | Scrambled Eggs 23 Sausage Patty Sauteed Peppers & Onions Oven Potatoes Orange Juice WG Apple Muffin | Sweet & Sour Chicken 24 Rice Pilaf Oriental Blend Vegetables Green Beans WG Dinner Roll Milk |
| Oven Roasted Turkey 27 Mashed Potatoes Steamed Corn Cranberry Sauce WG Dinner Roll Milk | Cheeseburger 28 Baked Beans Potato Coins Raisins WG Hamburger Bun Milk | | | |

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: