

November

2023

Manistee County Senior Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Swedish Meatballs 1 Mashed Potatoes Mixed Vegetables Sliced Pears WG Dinner Roll Milk	Sloppy Joe 2 Baked Beans Diced Carrots Cinnamon Apple Slices WG Hamburger Bun Milk	Sweet & Sour Chicken 3 Rice Pilaf Oriental Blend Vegetables Steamed Peas Mandarin Oranges WG Dinner Roll Milk
Stuffed Peppers 6 Stewed Tomatoes Cooks Choice Vegetables Pineapple Tidbits WG Sliced Bread Milk	Smoked Sausage 7 Cheese Potato Bake Sauteed Peppers & Onions Fruit Cocktail WG Hot Dog Bun Milk	Marinated Chicken 8 Breast Peas & Carrots Cauliflower Fresh Grapes WG Dinner Roll Milk	Lemon Pepper Baked Fish 9 Steamed Broccoli Lima Beans Applesauce WG Dinner Roll Milk	Beef Tips & Gravy 10 Root Blend Vegetables Asparagus Blueberries WG Dinner Roll Milk
Turkey & Cheese 13 Sandwich Coleslaw Three Bean Salad Fresh Apple Slices WG Sliced Bread Milk	Chicken Drumstick 14 Mashed Potatoes Green Beans Diced Peaches WG Biscuit Milk	Spanish Rice 15 Diced Carrots Fiesta Beans Pineapple Tidbits WG Dinner Roll Milk	Pork Chop Steak 16 Hubbard Squash Brussel Sprouts Banana WG Dinner Roll Milk	Pepperoni Pizza 17 Steamed Corn Baked Beans Fresh Pear Milk
Cheeseburger 20 Potato Coins Diced Carrots Raisins WG Hamburger Bun Milk	Chili 21 Steamed Corn Waxed Beans Fruit Cocktail Corn Bread Muffin Milk	THANKSGIVING FEAST 22 Oven Roasted Turkey Mashed Potatoes w/ Gravy Stuffing & Green Bean Casserole Apple Crisp / Cranberry WG Dinner Roll Milk	HAPPY THANKSGIVING 23 NO MEAL SERVICE!!	HOLIDAY 24 NO MEAL SERVICE!!
Egg & Cheese Omelet 27 Sausage Diced Potatoes Sauteed Peppers & Onions Craisins WG Blueberry Muffin Milk	BBQ Chicken 28 Baked Beans Winter Blend Vegetables Banana WG Hamburger Bun Milk	Toasted Cheese 29 Tomato Soup Sliced Carrots Fresh Apple Slices WG Sliced Bread Milk	Homemade Meatloaf 30 Mashed Potatoes Steamed Corn Diced Peaches WG Dinner Roll Milk	

News

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

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

Provided By:

