

# March

# 2023

## Manistee County Senior Meals

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

		Marinated Chicken Breast Steamed Broccoli <b>1</b> Capri Blend Vegetables Applesauce WG Sliced Bread Milk	Country Fried Steak <b>2</b> Sweet Potatoes Brussel Sprouts Diced Pears WG Dinner Roll Milk	Spanish Rice <b>3</b> Refried Beans Stewed Tomatoes Pineapple Tidbits WG Dinner Roll Milk
Homemade Goulash <b>6</b> Waxed Beans Diced Carrots Sliced Peaches WG Garlic Toast Milk	Chicken Ala King <b>7</b> Carrots & Peas Spring Blend Vegetables Dried Cranberries WG Biscuit Milk	Swedish Meatballs <b>8</b> Mashed Potatoes Steamed Asparagus Fruit Cocktail WG Dinner Roll Milk	Shredded Pork BBQ <b>9</b> Baked Beans Mixed Vegetables Cinnamon Apple Slices WG Hamburger Bun Milk	Chicken Noodle Soup <b>10</b> Green Beans Steamed Corn Strawberries WG Sliced Bread Milk
Oven Roasted Pork Loin Baby Potatoes <b>13</b> Capri Blend Vegetables Applesauce WG Dinner Roll Milk	Orange Blossom Chicken Rice Pilaf <b>14</b> Steamed Cauliflower Oriental Blend Vegetables Pineapple Tidbits WG Dinner Roll Milk	Italian Sausage <b>15</b> Sauteed Peppers & Onions Fiesta Corn Fresh Apple WG Hot Dog Bun Milk	Chicken Tenders <b>16</b> Garden Blend Vegetables Steamed Peas Diced Peaches WG Dinner Roll Milk	Corned Beef & Cabbage Carrots <b>17</b> Red Potatoes Rye Bread Sliced Pears Milk
Baked Cod <b>20</b> Lima Beans Steamed Carrots Fruit Cocktail WG Dinner Roll Milk	Cheeseburger <b>21</b> Baked Beans Potato Coins Fresh Pear WG Hamburger Bun Milk	Breaded Chicken Drumstick Mashed Potatoes <b>22</b> Steamed Corn Strawberries WG Dinner Roll Milk	Beef Tips & Gravy <b>23</b> Sweet Potatoes Asparagus Diced Pears WG Biscuit Milk	Cheese Ravioli <b>24</b> Spinach Winter Blend Vegetables WG Garlic Toast Sliced Peaches Milk
Chicken Cordon Bleu Garlic Potatoes <b>27</b> Hubbard Squash Cinnamon Apple Slices WG Dinner Roll Milk	Beef Stew <b>28</b> Diced Carrots Brussel Sprouts Raisins WG Biscuit Milk	Turkey & Cheese Croissant Potato Salad <b>29</b> Fresh Broccoli Banana Croissant Milk	Sloppy Joe <b>30</b> Baked Beans California Blend Vegetables Diced Peaches WG Hamburger Bun Milk	Tuna Noodle Casserole Mixed Vegetables <b>31</b> Lima Beans Applesauce 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**

**No meals provided  
on SNOW DAYS  
when Manistee  
Area Public  
Schools are  
closed.**

**Provided By:**