

September

2023

Manistee County Senior Meals

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				Pepperoni Pizza 1 Steamed Corn Baked Beans Fresh Pear WG Cookie Milk
LABOR DAY 4 NO MEAL DELIVERY TODAY!!	Meatloaf 5 Mashed Potatoes Mixed Vegetables Fruit Cocktail WG Dinner Roll Milk	Sweet & Sour Chicken 6 Rice Pilaf Steamed Broccoli Oriental Blend Vegetables Mandarin Oranges WG Dinner Roll Milk	Smoked Sausage 7 Cheese Potato Bake Sauteed Peppers & Onions Applesauce WG Hot Dog Bun Milk	Beef Tips & Gravy 8 Root Blend Vegetables Asparagus Strawberries WG Biscuit Milk
Homemade Goulash 11 Green Beans Steamed Cauliflower Sliced Peaches WG Sliced Bread Milk	Chicken Noodle Soup 12 Sliced Carrots Brussel Sprouts Fresh Banana WG Oyster Crackers Milk	Oven Baked Ham 13 Scalloped Potatoes Capri Blend Vegetables Pineapple Tidbits WG Dinner Roll Milk	Sloppy Joe 14 Seasoned Diced Potatoes Baked Beans Dried Cranberries WG Hamburger Bun Milk	Marinated Chicken Breast 15 Chef Blend Vegetables Asparagus Fresh Grapes WG Dinner Roll Milk
Pork Chop Steak 18 Sweet Potatoes Winter Blend Vegetables Cinnamon Apple Slices WG Dinner Roll Milk	Fish Sandwich 19 Lima Beans Spring Blend Vegetables Diced Peaches WG Hamburger Bun Milk	Turkey Gravy 20 Mashed Potatoes Steamed Corn Fruit Cocktail WG Biscuit Milk	Baked BBQ Chicken 21 Waxed Beans California Blend Vegetables Sliced Pears WG Dinner Roll Milk	Country Fried Steak 22 Diced Carrots Garlic Potatoes Applesauce WG Dinner Roll Milk
Chicken Tenders 25 Baked Beans Midori Vegetable Blend Strawberries WG Dinner Roll Milk	Cheese Omelet 26 Sausage Seasoned Potatoes Sauteed Peppers & Onions 100% Apple Juice WG Blueberry Muffin Milk	Chicken Cordon Bleu 27 Hubbard Squash Garlic Potatoes Raisins WG Dinner Roll Milk	Lasagna 28 Spinach Harvest Blend Vegetables Sliced Peaches WG Sliced Bread Milk	Chicken Ala King 29 Peas & Carrots Spring Blend Vegetables Pineapple Tidbits WG Biscuit Milk

News

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

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

Provided By:

