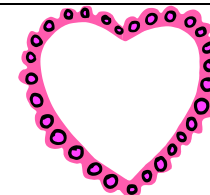




FEBRUARY 2012



Munising

To cancel or restart a meal:

Please call 228-6522 - - Press 1 for Senior Nutrition - - Then press 1 again.
Record your message. Please call before 9:00 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Beef Stew Cheddar Cheese Biscuit Applesauce Fruit Juice	Quiche Muffin Hash Browns Melon Fruit Juice	Hamburger Gravy Mashed Potatoes Carrots Berry Crumb
6	7	8	9	10
Salisbury Steak Mashed Potatoes and Gravy Green Beans Apple Slices	Baked Chicken Baked Potato Wisconsin Blend Vegetables Fresh Orange	Sliced Ham with Pineapple Squash California Blend Vegetables	Pork Cutlet Mashed Potatoes and Gravy Mixed Vegetables Fruit Cocktail	Chicken ala King Pasta Broccoli Applesauce Fruit Juice
13	14 	15	16	17
Sloppy Joe on a Bun Potato Wedges California Blend Vegetables Peaches	Chicken and Broccoli Casserole Key Largo Blend Vegetables Dinner Roll Fruit Cocktail	Meatballs Mashed Potatoes and Gravy Prince William Blend Vegetables Pears	Baked Chicken Potato Wedges Carrots and Peas Fresh Orange	Macaroni and Cheese Green Beans Stewed Tomatoes Apricots
20	21	22	23	24
Pork Cutlet Mashed Potatoes and Gravy Mixed Vegetables Pears	BBQ Chicken Cheesy Potato Prince William Blend Vegetables Peaches	Homemade Meatloaf Deviled Potatoes Prince Edward Blend Vegetables Melon	Calico Bean & Sausage Bake Carrots Biscuit Mandarin Oranges	Salisbury Steak Mashed Potatoes and Gravy Green Beans Fruit Cocktail
27	28	29		
Homemade Chili Corn Bread Wisconsin Blend Vegetables Fresh Orange	Sliced Turkey Mashed Potatoes and Gravy Carrots Pumpkin Pie	Macaroni and Cheese Green Beans Stewed Tomatoes Pears		

Bread or bread alternate, margarine & milk served with all meals.

Senior Nutrition Program meals are provided by Alger-Marquette Community Action Board (AMCAB) for persons 60 or older & their spouses. **Your Senior Nutrition Council recommends a donation of \$3.00 per meal**, which is applied to the purchase of food and its preparation. Guests under 60 pay \$6.00. The Senior Nutrition Program is provided through OSA, UPCAP/AAA, and funding from the State of Michigan, the Older Americans Act, local donations and complies with Title VI of the Civil Rights Act. **PLEASE NOTE:** This is the menu for the overall Senior Nutrition Program. It is subject to change at the individual sites due to several factors including availability of specific food items, inventory and cook's discretion. Although you may experience some changes from this menu, always rest assured that each meal meets one third of your daily nutritional requirements and we make every effort to provide you with a variety of well-balanced, appealing and tasty meals.

