



ALGER-MARQUETTE
COMMUNITY ACTION
HELPING PEOPLE • CHANGING LIVES

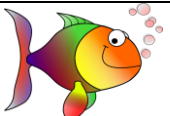


JULY 2016



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 2:00 p.m. the day before.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Sliced Turkey Mashed Potatoes (1) & gravy Carrots Fruit Cocktail (1)
4 CAAM Closed!  	5 Salisbury Steak Mashed Potatoes (1) & Gravy Green Beans Applesauce (1)	6 Chicken Broccoli Casserole (2) Mashed Potatoes (1) & Gravy Key Largo Blend Vegetables Spiced Apples (1)	7 Pork Cutlet Mashed Potatoes (1) & Gravy Pr. William Blend Vegetables Spiced Apples (1)	8 Omelet Blueberry Muffin (1) California Blend Vegetables Fresh Orange (1)
11 Pot Roast over Mashed Potatoes (1) Wisconsin Blend Vegetables Pears (1)	12 Sweet & Sour Chicken (2) over Rice (2) Carrots Pineapple Chunks (1)	13 Ham Slice with Pineapple Rings (1) Red Potatoes (1) Squash (½)	14 Lasagna (2) Broccoli Fruit Cocktail (1)	15 BBQ Chicken (½) Red Potatoes (1) Pr. Edward Blend Vegetables Mandarin Oranges (1)
18 Sloppy Joe on a Bun (2) Seasoned Potato Wedges (1) California Blend Vegetables peaches	19 Grilled Chicken Breast Mashed Potatoes (1) & Gravy Key Largo Blend Vegetables Spiced Apples (1)	20 Beef Stew (1) Biscuit (1) Applesauce (1)	21 Spanish Rice (2) with Meat Black Beans (1) Fresh Orange (1)	22 Macaroni and Cheese (2) Green Beans Stewed Tomatoes Apricots (1)
25 Hamburger Gravy Over Mashed Potatoes (1) Pr. William Blend Vegetables Fruit Cocktail (1)	26 Meatloaf Deviled Potatoes (1) Mixed Vegetables (½) Fresh Orange (1)	27 Breaded Chicken Breast (½) Cheesy Potatoes (1) Green Beans Apricots (1)	28 Tater Tot Casserole (2) carrots Mandarin Orange (1)	29 Tilapia California Blend Vegetables Cole Slaw Spiced Apples (1)

Bread (1) or bread alternate (1), margarine & milk (1) served with all meals.

Senior Nutrition Program meals are provided by Community Action Alger Marquette for persons 60 or older & their spouses. **Your Senior Nutrition Council recommends a donation of \$3.50 per meal**, which is applied to the purchase of food and its preparation. Guests under 60 pay \$6.50. 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.

For Persons with Diabetes, number of carbohydrate servings are in parenthesis.