

# Senior Nutrition Menu

600 Grand River Avenue  
Port Huron, MI 48060

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Menus are subject to change			<b>1</b> Fish Sandwich Green Beans Sweet Potato Puffs Pineapple Wheat Bun 1% Milk	<b>2</b> Pork Roast Feather River Potatoes Coleslaw Hot Apple Crisp Wheat Bread 1% Milk	<b>3</b> Pizza Casserole Carrots w/ Parsley Tossed Salad Peaches Bread Stick 1% Milk	<b>4</b>
<b>5</b>	<b>6</b> BBQ Meatballs 4 Bean Casserole Potato Puffs Apricots Wheat Roll 1% Milk	<b>7</b> Sweet & Sour Chicken Breast Rice Peas & Corn Pineapple Wheat Bread 1% Milk	<b>8</b> Pot Roast Capri Blend Vegetables Mashed Potatoes Banana Wheat Bread 1% Milk	<b>9</b> Crab Cakes w/ Cream Sauce Broccoli Red Skin Potatoes Peaches Wheat Bread 1% Milk	<b>10</b> Creamed Turkey & Egg Noodles Green Beans Coleslaw Applesauce Wheat Bread 1% Milk	<b>11</b>
<b>12</b>	<b>13</b> Sirloin Steak Zucchini & Squash Mashed Potatoes Pears Wheat Bread 1% Milk	<b>14</b> <i><b>Taste of Pacific Northwest</b></i> Salmon Boiled Red Skin Potatoes Asparagus Apple Crisp Wheat Roll 1% Milk	<b>15</b> Pork Loin Peas Feather River Potatoes Peaches Wheat Bread 1% Milk	<b>16</b> Oven Fried Chicken Beets Scalloped Potatoes Plums Wheat Bread 1% Milk	<b>17</b> Beef Stew Broccoli Hot Cherry Cobbler Wheat Bread 1% Milk	<b>18</b>
<b>19</b>	<b>20</b> Lemon Pepper Tilapia Rice Pilaf Peas Pineapple Wheat Bread 1% Milk	<b>21</b> Chili w/ Beans & Meat Baked Potato w/ Sour Cream Hot Peach Crisp Corn Muffin 1% Milk	<b>22</b> Turkey Cutlet Stuffing Green Beans Sweet Potatoes Apple Slices Wheat Roll 1% Milk	<b>23</b> <i><b>Thanksgiving Day</b></i>  No HDM or Congregate Meals	<b>24</b>  No HDM or Congregate Meals	<b>25</b>
<b>26</b>	<b>27</b> Eggs & Turkey Sausage Breakfast Sandwich Diced Red Skin Potatoes Warm Cinnamon Apples Pineapple 1% Milk	<b>28</b> Lasagna Sandwiches in Alfredo Sauce Coleslaw Italian Flat Beans Hot Pear Crisp Wheat Roll 1% Milk	<b>29</b> Baked Chicken Prince Charles Blend Mashed Potatoes Banana Wheat Bread 1% Milk	<b>30</b> Parmesan Fish Red Beans & Rice Squash Peaches Wheat Bread 1% Milk		