

Senior Nutrition Menu

600 Grand River Avenue
Port Huron, MI 48060

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Closed for Holiday - No Congregate or Home Delivered Meals	2 Closed for Holiday - No Congregate or Home Delivered Meals	3 Meatloaf Peas Feather River Potatoes Applesauce Wheat Bread 1% Milk	4 Oven Fried Chicken Green Beans Mashed Potatoes Peaches Wheat Bread 1% Milk	5 Stuffed Green Pepper Casserole Cauliflower Carrots Plums Roll 1% Milk	6
7	8 Salisbury Steak Green Beans Mashed Potatoes Pineapple Wheat Bread 1% Milk	9 Fish Almandine Peas & Carrots Rice Pilaf Plums Roll 1% Milk	10 Baked Chicken Red Skin Potatoes Scandinavian Blend Peaches Wheat Bread 1% Milk	11 Sweet & Sour Pork Patty Rice Asian Blend Vegetables Hot Cinnamon Pears Wheat Bread 1% Milk	12 Turkey Cutlet Zucchini Baked Potato w/ Sour Cream Cherry Crisp Roll 1% Milk	13
14	15 Closed for Holiday - No Congregate or Home Delivered Meals	16 Swedish Meatballs Egg Noodles Maui Blend Vegetables Apple Slices Roll 1% Milk	17 Boubon Pork Chop Green Beans Sweet Potatoes Banana Wheat Bread 1% Milk	18 Scrambled Eggs & Turkey Sausage Tomato Juice Hashbrown Casserole Peaches Muffin 1% Milk	19 Goulash Peas Tossed Salad w/ Tomatoes Pears Roll 1% Milk	20
21	22 Potato Crunch Pollock Corn Baby Bakers Orange Wheat Bread 1% Milk	23 <i>Taste of Michigan</i> Traverse City Chicken Asparagus Red Skin Potatoes Cherry Crisp Roll 1% Milk	24 Macaroni & Cheese Peas Stewed Tomatoes Pineapple Wheat Bread 1% Milk	25 Swiss Steak Carrots Mashed Potatoes Banana Roll 1% Milk	26 Lasagna Sandwiches Green Beans California Blend Apple Garlic Bread 1% Milk	27
28	29 Chicken Tomato Bake Italian Flat Beans Tropical Fruit Salad Roll 1% Milk	30 Beef Patty w/ Gravy Carrots w/ Parsley Tossed Salad Pumpkin Pie Wheat Bread 1% Milk	31 Fish Sandwich Green Beans Sweet Potato Puffs Pineapple 1% Milk	Menu subject to change.		