

# Senior Nutrition Menu

600 Grand River Avenue  
Port Huron, MI 48060

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> Baked Spaghetti w/ Meat Sauce Italian Vegetable Blend Tossed Salad Hot Peach Delight WW Roll 1% Milk	<b>2</b>
<b>3</b>	<b>4</b> Turkey Sausage & Egg Sandwich Diced Red Skin Potatoes Broccoli Apple 1% Milk	<b>5</b> Chef's Salad w/ Turkey & Cheese Grape Tomatoes Strawberries WW Roll 1% Milk	<b>6</b> Salisbury Steak California Blend Baked Potato Pears WW Bread 1% Milk	<b>7</b> Fish Sandwich WW Bun Green Beans Coleslaw Warm Cinnamon Peaches 1% Milk	<b>8</b> Oven Fried Chicken Breast Asparagus Mashed Potatoes Tropical Fruit Salad WW Bread 1% Milk	<b>9</b>
<b>10</b>	<b>11</b> Lemon Pepper Tilapia Brussels Sprouts Stewed Tomatoes Mixed Fruit WW Roll 1% Milk	<b>12</b> Meatloaf Whipped Potatoes Mixed Vegetables Plums WW Bread 1% Milk	<b>13</b> Sweet & Sour Pork Rice Asian Blend Vegetables Hot Cinnamon Pears WW Bread 1% Milk	<b>14</b> Taco Salad Diced Tomatoes Banana Tortilla Chips & Salsa 1% Milk	<b>15</b> Macaroni & Cheese California Blend Tossed Salad Hot Peach Crisp WW Bread 1% Milk	<b>16</b>
<b>17</b>	<b>18</b> Turkey ala King Rice Sugar Snapped Peas Pineapple WW Bread 1% ilk	<b>19</b> Chicken Salad on Lettuce Leaf Raw Baby Carrots Red Skin Potato Salad Orange WW Roll 1% Milk	<b>20</b> Pot Roast Green Beans Mashed Potatoes Applesauce WW Bread 1% Milk	<b>21</b> Sweet Potato Crusted Pollock Oven Roasted Red Skin Potatoes Carrots Plums WW Bread 1% Milk	<b>22</b> Goulash Mixed Vegetables Coleslaw Pears WW Bread 1% Milk	<b>23</b>
<b>24</b>	<b>25</b> Beef Teriyaki Bites Carrots Potato Puffs Mandarin Oranges WW Bread 1% Milk	<b>26</b> Parmesan Fish Prince Charles Beans Feather River Potatoes Pineapple WW Bread 1% Milk	<b>27</b> California Chopped Cobb Salad Raisins Cinnamon Pears Pita Bread 1% Milk	<b>28</b> Herbed Pork Loin Mashed Potatoes Peas Applesauce WW Bread 1% Milk	<b>29</b> Turkey Cutlet Broccoli Sweet Potatoes Peaches WW Roll 1% Milk	<b>30</b>