

# Senior Nutrition Menu

600 Grand River Avenue  
Port Huron, MI 48060

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <b>Menus are Subject to Change</b>	<b>2</b> Oven Fried Chicken Breast Broccoli Mashed Potatoes Plums Wheat Bread 1% Milk	<b>3</b> Cheeseburger on a Bun Corn Potato Salad Hot Cherry Crisp 1% Milk	<b>4</b> No HDM or Congregate Meals - Independence Day	<b>5</b> Chef's Salad with Turkey & Swiss Cheese Grape Tomatoes Rotini Pasta Salad w/ Veggies Strawberries & Blueberries Wheat Bread 1% Milk	<b>6</b> Pepper Steak Rice Sicilian Vegetable Blend Peaches Wheat Roll 1% Milk	<b>7</b>
<b>8</b>	<b>9</b> Fish Almandine Baby Bakers Peas & Carrots Mixed Fruit Wheat Bread 1% Milk	<b>10</b> Sweet & Sour Chicken Breast Rice Asian Blend Vegetables Hot Cinnamon Pears Wheat Bread 1% Milk	<b>11</b> Taco Salad Diced Tomatoes Fresh Melon Tortilla Chips Salsa 1% Milk	<b>12</b> Cranberry Glazed Turkey Broccoli Feather River Potatoes Peaches Wheat Bread 1% Milk	<b>13</b> Salisbury Steak Mixed Vegetables Red Skin Potatoes Apple Wheat Bread 1% Milk	<b>14</b>
<b>15</b>	<b>16</b> Swedish Meatballs Egg Noodles Zucchini & Squash Pineapple Wheat Roll 1% Milk	<b>17</b> Chicken Salad Cucumber & Tomato Salad Tropical Fruit Salad Wheat Bread 1% Milk	<b>18</b> Bourbon Pork Green Beans Sweet Potatoes Applesauce Wheat Bread 1% Milk	<b>19</b> Scrambled Eggs & Turkey Sausage Succotash Red Skin Potatoes Peaches WG Muffin 1% Milk	<b>20</b> Goulash Peas Tossed Salad w/ Tomatoes Banana Wheat Roll 1% Milk	<b>21</b>
<b>22</b>	<b>23</b> Turkey & Cheese Sub Broccoli & Cauliflower Salad Potato Salad Mandarin Oranges 1% Milk	<b>24</b> Chicken Breast w/Gravy Cozumel Blend Vegetables Red Skin Potatoes Plums Wheat Bread 1% Milk	<b>25</b> Macaroni & Cheese Green Beans Stewed Tomatoes Blueberries Wheat Bread 1% Milk	<b>26</b> Roast Pork Maui Blend Vegetables Sweet Potatoes Applesauce Wheat Bread 1% Milk	<b>27</b> Swiss Steak Mixed Vegetables Mashed Potatoes Plums Wheat Bread 1% Milk	<b>28</b>
<b>29</b>	<b>30</b> Fish Sandwich Carrots Green Beans Pineapple Wheat Bun 1% Milk	<b>31</b> Turkey a la King Rice Peas Mandarin Oranges Wheat Bread 1% Milk				