

# Senior Nutrition Menu

600 Grand River Avenue  
Port Huron, MI 48060

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2 <b>Menus are subject to change.</b>	3 Labor Day - No HDM or Congregate Meals	4 Salisbury Steak Green Beans Baked Potato Pears WW Roll 1% Milk	5 Quiche with Broccoli & Cheese Mixed Fruit Asparagus Hot Cherry Cobbler Muffin 1% Milk	6 Lemon Pepper Tilipia Mixed Vegetables Scalloped Potatoes Orange WW Bread 1% Milk	7 Oven Fried Chicken Breast Rice Pilaf Corn Tossed Salad Tropical Fruit WW Bread 1% Milk	8
9	10 Parmesan Fish Lima Beans w/ Lemon Dill Red Skin Potatoes Mixed Fruit WW Bread 1% Milk	11 <i>Taste of SW US</i> BBQ Ribs 4 Bean Casserole Potato Salad Hot Peach Crisp Biscuit 1% Milk	12 Meatloaf Whipped Potatoes Key West Blend Plums WW Bread 1% Milk	13 Chicken Breast Tossed Salad Mashed Potatoes Hot Spiced Apples WW Bread 1% Milk	14 Macaroni & Cheese Stewed Tomatoes California Blend Banana WW Roll 1% Milk	15
16	17 Turkey a la King Rice Peas & Carrots Pineapple WW Bread 1% Milk	18 Marinated Chicken Breast Asparagus Baby Bakers Plums WW Bread 1% Milk	19 Pot Roast Green Beans Mashed Potatoes Applesauce WW Bread 1% Milk	20 Fish Almandine Broccoli Cauliflower Rice Pilaf Peaches WW Bread 1% Milk	21 Goulash Capri Vegetables Tossed Salad Hot Pear Crisp WW Roll 1% Milk	22
23	24 Beef Teriyaki Bites Broccoli & Cauliflower Rice Mandarin Oranges WW Bread 1% Milk	25 Sweet Potato Crusted Pollock Prince Charles Blend Feather River Potatoes Pineapple WW Bread 1% Milk	26 Herbed Pork Loin Peas Coleslaw Hot Apple Cobbler WW Roll 1% Milk	27 Chicken Tomato Bake Italian Blend Vegetables Tossed Salad Pears WW Roll 1% Milk	28 Turkey Cutlet Brussels Sprouts Sweet Potatoes Mixed Fruit WW Bread 1% Milk	29
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