

Senior Nutrition Menu

600 Grand River Avenue
Port Huron, MI 48060

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div style="border: 1px solid black; padding: 5px; text-align: center;"> Menus Subject to Change </div>	1 Parmesan Fish Lima Beans with Lemon Dill Red Potatoes Pineapple Wheat Bread 1% Milk	2 Pork Roast Broccoli Sweet Potatoes Applesauce Wheat Bread 1% Milk	3 Cranberry Glazed Turkey Peas Mashed Potatoes Mandarin Oranges Wheat Bread 1% Milk	4 Stuffed Pepper Casserole Cauliflower Carrots Plums Wheat Bread 1% Milk	5 Oven Fried Chicken Breast Green Beans Feather River Potatoes Peaches Wheat Roll 1% Milk	6	
	7	8 No Home Delivered Meal Delivery or Congregate Meals Today - Columbus Day	9 Fish Almandine Scandinavian Blend Mashed Potatoes Plums Wheat Roll 1% Milk	10 Baked Chicken Red Skin Potatoes Peas & Carrots Peaches Wheat Bread 1% Milk	11 Sweet & Sour Pork Rice Asian Blend Vegetables Cinnamon Pears Wheat Bread 1% Milk	12 Turkey Tetrazzini Zucchini & Squash Stewed Tomatoes Mixed Fruit Wheat Bread 1% Milk	13
	14	15 Swedish Meatballs & Egg Noodles Maui Blend Vegetables Pineapple Wheat Bread 1% Milk	16 <i>Taste of Germany</i> German Chicken German Potato Salad Sweet & Sour Slaw Hot Apple Slices Wheat Roll 1% Milk	17 Bourbon Pork Chop Green Beans Sweet Potatoes Applesauce Wheat Bread 1% Milk	18 Scrambled Eggs Turkey Sausage 100% Vegetable Juice Hashbrown Casserole Peach Cobbler WG Muffin 1% Milk	19 Goulash Peas Mixed Vegetables Pears Wheat Roll 1% Milk	20
	21	22 Sweet Potato Crusted Pollock Oven Roasted Red Skin Potatoes Carrots Plums Wheat Bread 1% Milk	23 Macaroni & Cheese California Blend Stewed Tomatoes Peaches Wheat Bread 1% Milk	24 Tahitian Chicken Rice Key West Vegetables Pineapple Wheat Roll 1% Milk	25 Swiss Steak Carrots Mashed Potatoes Banana Wheat Roll 1% Milk	26 Cheese Manicotti Italian Flat Beans Mixed Vegetables Applesauce Wheat Bread 1% Milk	27
	28	29 Chicken Tomato Bake Green Beans Corn Tropical Fruit Salad Wheat Bread 1% Milk	30 Fish Sandwich Peas Sweet Potato Puffs Pineapple 1% Milk	31 Halloweenie Witches Caldron Monster Potatoes Pumpkin Pie 1% Milk			