

Senior Nutrition Menu

600 Grand River Avenue
Port Huron, MI 48060

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 BBQ Pork Sandwich Feather River Potatoes Green Beans Cinnamon Apple Slices 1% Milk	2 Pizza Casserole Carrots w/ Parsley Tossed Salad Peach Cobbler WW Bread 1% Milk	3
4	5 Meatloaf Sweet Potato Puffs Nantucket Vegetable Blend Mixed Fruit WW Roll 1% Milk	6 Sweet & Sour Chicken Breast Rice Asian Blend Vegetables Hot Cinnamon Pears WW Bread 1% Milk	7 Pot Roast Capri Blend Vegetables Mashed Potatoes Banana WW Bread 1% Milk	8 Crab Cakes w/ Cream Sauce Broccoli Red Skin Potatoes Apricots WW Bread 1% Milk	9 Creamed Turkey & Noodles Green Beans Beets Applesauce WW Bread 1% Milk	10
11	12 Oven Fried Chicken Breast Green Beans Scalloped Potatoes Plums WW Bread 1% Milk	13 <i>Taste of Pacific Northwest</i> Salmon Broiled Red Skin Potatoes Northwest Vegetable Blend Apple Crisp WW Roll 1% Milk	14 Roasted Pork Tenderloin Sweet Potatoes Asparagus Peaches WW Bread 1% Milk	15 Sirloin Steak Zucchini & Squash Mashed Potatoes Cinnamon Pears WW Bread 1% Milk	16 Beef Stew Broccoli Whipped Potatoes Cherry Cobbler Biscuit 1% Milk	17
18	19 Lemon Pepper Tilipia Rice Pilaf Normandy Vegetables Tomato Juice Pineapple WW Bread 1% Milk	20 Chili w Meat & Beans Baked Potato Hot Peach Cobbler Corn Muffin 1% Milk	21 Turkey Cutlet Stuffing Green Beans Sweet Potatoes Apple Slices WW Roll 1% Milk	22 Happy Thanksgiving - No Congregate or HDM Meals	23 Closed for Holiday	24
25	26 Egg & Turkey Sausage Muffin Sandwich Diced Red Skin Potatoes Broccoli Orange 1% Milk	27 Vegetable Lasagna Italian Flat Beans 100% Vegetable Juice Hot Blueberry Crisp WW Roll 1% Milk	28 Chicken Breast Prince Charles Blend Mashed Potatoes Banana WW Bread 1% Milk	29 Sweet Potato Crusted Pollock Venetian Blend Vegetables Baby Baker Potatoes Plums WW Bread 1% Milk	30 Turkey Tetrazzini Green Beans Mixed Vegetables Pineapple WW Roll 1% Milk	