



# SEPTEMBER | 2017

## Mason County Senior Meals Dinner Menu

Senior News

### Congregate Meals

| MONDAY                                                                                               | TUESDAY                                                                                                                 | WEDNESDAY                                                                                                 | THURSDAY                                                                                       | FRIDAY                                                                                                   |
|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| MCC Kitchen<br>757-5721<br>757-4831                                                                  |                                                                                                                         |                                                                                                           |                                                                                                | <b>1</b><br>Cheese Burger<br>Baked Beans<br>Coleslaw<br>Pineapple<br>Bun<br>1 % milk                     |
| <b>4</b> Labor Day<br>Observed<br>No Meal served                                                     | <b>5</b><br>*Lasagna / meat sauce<br>*Broccoli with cheese<br>Tossed Salad<br>*Fruit<br>Garlic breadstick<br>1% milk    | <b>6</b><br>*Chicken noodle<br>casserole<br>*Carrots<br>*Peas<br>Pears<br>1% milk                         | <b>7</b><br>*Roast turkey<br>*Sweet potatoes<br>Sliced apples<br>*Dinner roll<br>1% milk       | <b>8</b><br>*Baked fish<br>*Potato Puffs<br>Brussels sprouts<br>Diced peaches<br>*Wheat bread<br>1% milk |
| <b>11</b><br>*Country Fried Steak<br>*Mashed Potatoes<br>Tropical Mix<br>*Dinner roll<br>1% milk     | <b>12</b> Taco Tuesday<br>Taco Meat<br>Taco Shell<br>Tomato, lettuce<br>Refried beans<br>Oranges<br>1% milk             | <b>13</b><br>*Cabbage Rolls<br>Tossed salad<br>*Applesauce<br>Dinner roll<br>1 % milk                     | <b>14</b><br>Thursday Pizza Day<br>Tossed Salad<br>Fruit & Veggies Bar<br>1% milk              | <b>15</b><br>*Turkey Deli<br>*Potato Salad<br>*Coleslaw<br>Grapes<br>*Bun<br>1% milk                     |
| <b>18</b><br>* Stuffed Green Peppers<br>* Broccoli<br>Warm Spiced Peaches<br>*Dinner roll<br>1% milk | <b>19</b><br>*Connecticut<br>*Beef Bake<br>*Potatoes in entrée<br>*Baby Carrots<br>Orange Wedges<br>Dinner roll 1% milk | <b>20</b><br>*Liver & Onions<br>*Augratin Potatoes<br>*Jello – Fruit<br>*Green Beans<br>*Bread<br>1% milk | <b>21</b><br>*Sloppy Joes<br>*Hash brown casserole<br>Fruit mix<br>*Hamburger bun<br>*1% milk  | <b>22</b><br>*Spaghetti/meat sauce<br>Tossed Salad<br>*Diced Cantaloupe<br>*Breadstick<br>1% milk        |
| <b>25</b><br>*Beef patty<br>*Potato Salad<br>*Three Bean Salad<br>*Bun<br>Pears<br>1 % milk          | <b>26</b><br>*Tator Tots Casserole<br>*Green Beans<br>*Peaches<br>*Dinner roll<br>1% milk                               | <b>27</b><br>*BBQ Chicken<br>*Red Skin Potato<br>Diced Cantaloupe<br>*Dinner roll<br>1 % milk             | <b>28</b> Jumbo frank<br>*Hash brown casserole<br>*Baked Beans<br>Fruit Mix<br>*Bun<br>1% milk | <b>29</b> Look What's New<br>Boxed Lunch<br>Friday<br>Come check it out<br>!!!!                          |

**Come and Join us on  
“Lunch for a Buck Day”  
Bring a Friend!!!!  
September 28<sup>th</sup>  
Scottville and Tallman  
Sept 15<sup>th</sup>  
Ludington**

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