



Asterisks are next to menu items that are moderately high to high in carbohydrates to aide our diabetic clients

# NOVEMBER | 2017

## Mason County Home Delivered Dinner Menu

Kitchen – 757-4831  
 Scottville Center 757-4705  
 Tallman Center 757-3306  
 Ludington Center 845-6841

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> *Meatballs in gravy *Mashed Potato Brussels sprouts Grapes * Biscuits 1 % milk	<b>2</b> *Chicken Patty *German Potato Salad *Sliced Tomatoes Cantaloupe * Bun 1 % milk	<b>3</b> *Breaded Fish *Scalloped Potato Carrots *Applesauce 1 % milk
<b>6</b> *Lasagna *Broccoli *Tossed Salad Peaches *Breadsticks 1 % milk	<b>7</b> Sliced Roast Beef *Mashed Potatoes *Green Peas Fruit cup *Roll 1 % milk	<b>8</b> Tator Tot Casserole *Potatoes in entree *Green Beans Peaches * Roll 1 % milk	<b>9</b> Cabbage Roll Tossed Salad Pears 1 % milk	<b>10</b> *Chicken Pot Pie & Veggie *Green Beans Warm Peaches 1 % milk
<b>13</b> Country Fried Steak *Mashed Potato *Carrots *Tropical Fruit 1 % milk	<b>14</b> *Polish Sausage *Sauerkraut *Red Skin Potatoes *Applesauce *Bun 1 % milk	<b>15</b> *Meatloaf *Baked Potatoe *Brussels Sprouts Banana *Homemade Roll 1 % milk	<b>16</b> Breaded Chicken *Sweet Potatoes *Green Bean Casserole *Tropical Fruit Roll 1 % milk	<b>17</b> *Jumbo hotdogs *Spudsters *Carrots Fresh Grapes *Hotdog buns 1 % milk
<b>20</b> *Breaded Pork Cutlet *Potatoes/gravy Cauliflower Pears *Dinner rolls 1 % milk	<b>21 Taco Tuesday</b> Taco Meat Flour Shell Refried Beans Cheese, Lettuce, Tomato Fresh Fruit 1% milk	<b>22</b> Turkey Supreme with *Stuffing *Sweet Potatoes Green Beans *Applesauce *Pumpkin Cookie 1 % milk	<b>23</b> <b>No Meals Served</b> <b>Happy Turkey</b> <b>Day!!</b>	<b>24</b> <b>No Meals Served</b> <b>Have a great</b> <b>Weekend!!!!</b>
<b>27</b> *Chicken Marinara *Winter Blend *Cherry Tomatoes Melon Chunks * Spaghetti 1 % milk	<b>29</b> *BBQ Chicken *Potato Salad *Baked Beans Pears Dinner roll 1 % milk	<b>29</b> Spaghetti/meat sauce Broccoli Tossed Salad Peaches Bread 1 % milk	<b>30</b> *Sloppy Joes *Hash brown Casserole *Cucumbers Tropical Fruit *Hamburger Bun 1 % milk	

**Happy Thanksgiving to All !!!!!!!**  
**“Lunch for a Buck”**  
**November 30<sup>th</sup> at**  
**Scottville and Tallman**  
**Center**  
**November 17<sup>th</sup> at**  
**Ludington Center**

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