

It is not healthy to avoid carbohydrates entirely.

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



MARCH | 2018

Mason County Senior Meals Dinner Menu Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 *Sloppy Joes Baked Beans *Potato Salad Pineapple *Bun *1 % milk	2 *Meatless Lasagna *Brussels Sprouts Tossed Salad Grapes *Bread *1% Milk
5 *Kielbasa *Sauerkraut Peas *Applesauce Bun *1% milk	6 *Roast beef *Mashed Potato Baby Carrots *Apple slices *Whole wheat bread *1% milk	7 *Chicken Stir Fry Stir Fry Veggies Broccoli Sliced Peaches *Rice *1% milk	8 *Homemade Meatloaf *Mashed Potato Green Beans *Apricots * Dinner roll *1 % milk	9 *Breaded Fish *Hash brown casserole Corn * Peaches * Muffin *1% milk
12 *Stuffed Baked *Ham, Cheese, Broccoli *Pears *Sliced Bread *1% milk	13 Taco Tuesday *Tacos *Mexican Rice *Refried Beans *Tossed Salad *Sliced Oranges * 1 % milk	14 *Chicken Breast/ Alfredo Sauce *Broccoli Sliced Cucumber Fruit Mix * Fettuccine Noodle *1% milk	15 *Pork Chops *Red Skins Baby Carrots Melon Wedges *1 % milk	16 *Irish Stew *Green Peas Green Apple *Potato roll*1% Milk Wear green and get a cookie Fish Patty on request
19 *Stuffed Green Peppers Sliced Apples Baby Carrots *Dinner roll *1% milk	20 * Goulash *Corn California Blend *Apples *1% milk	21 *Breaded chicken *Red skin potatoes Squash Diced Pears *Dinner roll *1% milk Community Champions Delivering Meals	22 “Pizza Day Thursday” Green Beans Cherry Tomatoes Pineapple *1% milk	23 *Lemon Pepper Fish *Scalloped Potatoes Peas Peaches *Sliced bread *1% milk
26 Pulled Pork *Coleslaw * Baked beans *Melon Wedges *Bun *1% milk	27 *Liver & Onions *German Potato Salad Carrots Applesauce *Rye Bread *1 % milk	28 *Spaghetti w/meat sauce *Green Beans Tossed Salad *Pineapple *Garlic toast *1% milk	29 *Chicken, Rice & Broccoli Casserole *Peas *Pineapple *1% milk	30 *Tuna Casserole *Peas/Carrots *Diced Pears *1 % milk

Lunch for a Buck
March 29th
Tallman &
Scottville Center!
March 16th
Ludington Center

March is
“March for Meals
Awareness Month”
On March 21st,
We will participate in
“Community Champions”
Community members delivering
meals to our homebound.