

JULY 2017

Mason County Congregate Dinner Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| 3 *Jumbo Franks *Baked Beans *Coleslaw *Watermelon - Bun * 1% milk | 4 Happy 4 th of July No Meals Served | 5 *Swedish meatballs *Noodles *California blend * Fruit Mix *Dinner rolls *1% milk | 6 *Hot Roast Beef *Mashed Potatoes *Diced Beets *Applesauce *Sliced bread *1% milk | 7 *Baked Fish *Brussels Sprouts *Diced Peaches *Wheat bread * 1% milk |
| 10 *Marinated Chicken *Wild Rice *Green Bean Casserole *Cantaloupe *1 % milk | 11 Taco Tuesday *Mexican Rice Tomato & Lettuce Peaches * Taco Shell 1 % milk | 12 Stuffed Green Pepper *Broccoli /w cheese *Fruit *1% milk | 13 *Tator Tot Casserole *Green Beans in entrée Peaches *Dinner Roll\ *1% milk | 14 * Cheeseburger *Potato Salad *Coleslaw *Watermelon *Bun* 1% milk |
| 17 *Salisbury Steak *Scalloped Potatoes *Diced Peaches *Rye bread *1% milk | 18 Connecticut * Beef Bake *Potatoes in entrée *Baby Carrots *Orange Wedges * Dinner roll *1 % milk | 19 *Chicken Breast Sandwich *Augratin Potatoes *Applesauce *Bun * 1% milk | 20 Quarter Pounder *Coleslaw * Spudsters *Pineapple *Bun *1 % milk | 21 *Chicken stew *Stewing vegetables *Pineapple * 1% milk *Biscuit |
| 24 *Beef Stroganoff/ w *Noodles *Broccoli Raisin Salad *Squash *Lunch Bunch Grapes *1 % milk | 25 French Toast *Sausage *Hash browns * Orange Juice * Muffin *1% milk | 26 *BBQ Chicken Baked Beans *Coleslaw * Oranges * Biscuit *1% milk | 27 *Thursday Pizza Day Fresh Fruit & Vegetable Bar *1 %milk | 28 *Turkey Deli *Potato Salad *Coleslaw * Pears * 1% milk |
| 31 Baked Chicken Hashbrown Casserole Watermelon Dinner roll 1 % milk | | | Tallman: 757-3306 Scottville: 757-4705 Ludington: 845-6841 Kitchen: 757-4831 | |

Senior News

**For all Senior Centers
Lunch for a Buck at
Scottville and Tallman
Centers
July 27th
Lunch for a Buck
Ludington Center
July 21st!!!
Bring a Friend!**

The Mason County Central Schools, located at 300 W. Broadway, will receive and use Federal funds and United States Department of agriculture donated foods. No person because of race, color, national origin, sex, age or handicap shall be excluded from the participation in, be denied, the benefits of, or otherwise be subject to discrimination in our donated food and child nutrition programs. Any person who believes they have been discriminated against should write to the Secretary of Agriculture, Washington, D. C. 20250.