



# OCTOBER | 2018

## Mason County Senior Meals Home Delivered Meals

Kitchen – 757-5721  
 Scottville Center  
 757-4705  
 Tallman Center 757-3306  
 Ludington Center  
 845-6841

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> *Ham, Potato and Cheese Casserole * Peas *Pears Dinner Roll 1 % milk	<b>2</b> *Liver *Mashed Potatoes/ gravy Applesauce *Bread 1 % milk	<b>3</b> *Swiss Steak/ *Mushroom gravy *Squash Tropical Fruit *Bread/1 % milk	<b>4</b> * Sliced Roast Pork *Mashed potatoes Green beans *Fruited Jell-O *Rye bread 1% milk	<b>5</b> *Lemon Baked Fish *Augratin Potatoes *Spinach *Apricots *Dinner roll 1% milk
<b>8</b> * Stuffed Cabbage Rolls * Broccoli * Warm Spiced Peaches 1% milk	<b>9</b> * Roast beef * Sweet potatoes Diced Pears *Dinner roll 1% milk	<b>10</b> *Meat loaf w/garlic mashed potatoes *Carrots *Fruit Mix *Wheat bread 1% milk	<b>11</b> Sliced Roast Turkey *Mashed potato Corn *Applesauce *Dinner roll 1% milk	<b>12</b> *Ground beef w/ *Spanish rice *Carrots *Peas Orange wedges 1% milk
<b>15</b> *Country Fried Steak *Gravy *Mashed Potatoes Green Beans Tropical Fruit *Bread/1 % milk	<b>16</b> *Spaghetti w/meat sauce *Garden salad *California Blend *Warm Applesauce *Garlic toast 1% milk	<b>17</b> * Chicken stir-fry *Stir fry vegetables in entrée *Peas * Cantaloupe * Rice 1% milk	<b>18</b> <b>Pizza Day Thursday</b> <b>Tossed Salad</b> <b>Green Beans</b> <b>1% milk</b>	<b>19</b> * Quarter Pounder * Baked Beans *Tossed Salad *Watermelon *Hamburger Bun 1% milk
<b>22</b> * Jumbo frank *Coleslaw *Baked beans * Pears Bun/ 1% milk	<b>23</b> <b>Taco Tuesday</b> * <b>Taco Meat</b> * <b>Flour Shell</b> * <b>Lettuce, Tomato, cheese</b> * <b>Peaches</b> <b>1% milk</b>	<b>24</b> Chicken Noodle Bake * Green Beans * Carrots *Apricots * Sliced Bread 1% milk	<b>25</b> *Lasagna *Tossed Salad * Peas * Banana 1% milk	<b>26</b> *Stuffed Bake Potatoes Ham, Cheese, Broccoli *Bread *Grapes 1% milk
<b>29</b> *Stacked Pancakes *Sausage Apple Juice *Hash browns - 2 1% milk	<b>30</b> *Stuffed Green Pepper *Carrots *Warm Peaches 1% milk	<b>31</b> *Leah's Witches Stew *Beef, Carrots, Peas *Spooky Salad *Freaky Fruit mix *Halloween Treat 1 % milk		

### Senior News

**Come and Join us on  
 "Lunch for a Buck Day"  
 Bring a Friend!!!!  
 October 25th at  
 Scottville & Tallman  
 Oct 19th at Ludington  
 Center.**

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.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

