



JANUARY | 2019

Mason County Senior Meal Dinner Congregate Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Enjoy your Holiday	1 Enjoy Your Holiday No Meals Served	2 *Lasagna *Tossed Salad *Applesauce *Dinner roll *1% milk	3 *Stuffed Cabbage Rolls *Rice in entrée Pineapple *Dinner roll *1% milk	4 *Sloppy Joes *Hash brown casserole Tropical Fruit mix *Hamburger bun *1% milk
7 * Breaded Chicken Patty * Baked Beans *Carrots *Bun *Peaches *1% milk	8 * Roast pork * Sweet potatoes Diced Pears *Dinner roll *1% milk	9 *1 /4 pounder w/cheese *Seasoned crispy cubes *Salad *Apricots *Hamburger bun *1% milk	10 *Stuffed Peppers *Tossed Salad *Applesauce *Dinner roll *1% milk	11 *Baked Fish *Scalloped potato *Peaches *Dinner roll *1% milk
14 *Swiss Steak/Mushroom gravy *Mashed Potato Applesauce *Biscuit w/honey *1% milk	15 Taco Tuesday *Ground beef w/ refried beans *Lettuce & Tomato Orange wedges Shell Taco Shell *1% milk	16 Jumbo Hotdog *Baked beans * Fruit salad Bun 1% milk	17 *Meatloaf *Mashed potatoes *Melon Wedges *Wheat bread *1% milk	18 *Creamy Chicken, Broccoli & Rice Bake Pears * Sliced Bread *1 % milk
21 * Chicken Stir Fry *Peas *Stir fry vegetables * Pears * Rice *1% milk	22 * Steak bites *Mashed potatoes/gravy * Sliced Apples * Dinner roll *1% milk	23 * Sliced Roast Beef *Mashed potatoes * Fruited Jell-O *Bread *1% milk	24 Thursday Pizza Day Fresh Fruit and Salad Bar *1% milk	25 *Connecticut Beef Bake – Potatoes in entree * Carrots Mixed Fruit * Sliced Bread *1 % milk
28 *Lemon baked fish *Scalloped Potatoes *Fruit salad *Whole wheat bread *1% milk	29 *Chicken Noodle Casserole *Baby Peas Sliced peaches *1% milk	30 *Sliced Roast Turkey *Mashed potato *Peaches *Dinner roll *1% milk	31 *Goulash/meat sauce *Tossed salad *Fruit mix * 1% milk	1 Tallman – 757-3306 Scottville – 757-4705 Ludington- 845-6841 Kitchen – 757-4831

“Lunch for a Buck”
The last Thursday of the month- Scottville & Tallman
The third Friday of the month - Ludington Center
Bring a friend
Happy New Year to All!

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