

AUGUST MENU

MANISTIQUE NUTRITION SITE

Mon

Tue

Wed

Thu

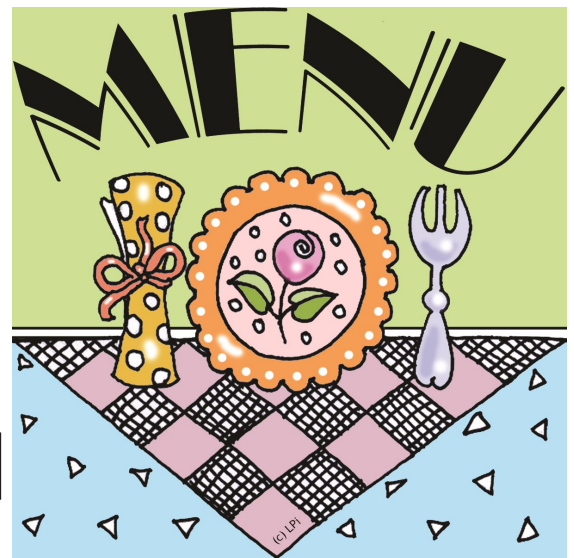
Fri

<p>Menu is for all our senior centers. Call your senior center with questions/comments.</p> 		<p>1 Pepper Steak Over Rice French Style Green Beans Pineapple/orange cup Dessert</p>	<p>2 Chicken Breast Philly Potatoes Mixed Vegetables; Pears</p>	<p>3 Taco Salad Cornbread Grapes</p>
<p>6 Cheeseburger w/bun Sweet Potato Wedges Baked Beans Tropical Fruit</p>	<p>7 Beef w/Gravy over Potatoes Monte Carlo Vegetables Coleslaw Peaches</p>	<p>8 Baked Chicken Baked Potato Broccoli Strawberry Fluff</p>	<p>9 Omelet/Breakfast Bake Hash Browns Juice Sausage Links Fresh Fruit</p>	<p>10 Ham Scalloped potatoes Country Trio Vegetables Fruit</p>
<p>13 Turkey Broccoli Casserole Peas Mandarin Orange Fluff</p>	<p>14 Pork Roast Red Potatoes Carrots Applesauce</p>	<p>15 Tasty Hamburger Casserole Mixed Vegetables Peach Crisp</p>	<p>16 Beef Stroganoff Over Noodles Spinach Salad Prince Charles Veggies Escalloped Apples</p>	<p>17 Chicken Salad Fresh Vegetable Fresh Fruit Muffin</p>
<p>20 Cheesy Chicken Penne Mediterranean Veg Pineapple</p>	<p>21 Spaghetti w/ Meat Sauce Caesar Salad Garlic Bread Strawberry Shortcake</p>	<p>22 Hot Dog w/Bun Au Gratin Potatoes Broc/Califlower Salad Warm Cobbler</p>	<p>23 Tater Tot Casserole Corn Biscuit Cantaloupe</p>	<p>24 Chef Salad Watermelon Brownie</p>
<p>27 Polish Sausage Sauerkraut Sliced Potatoes Corn Fruit</p>	<p>28 Sloppy Joe w/Bun Mac & Cheese Three Bean Salad Fresh Orange</p>	<p>29 BBQ Chicken Baked Beans Potato Salad Pineapple</p>	<p>30 Pasty Coleslaw Fruit Cocktail</p>	<p>31 Meatballs Mashed potatoes w/ gravy California Blend Veg Applesauce</p>

Subject to change

**341-5085
MANISTIQUE**

HOW DO I GET TO THE NUTRITION SITE? EMAIL THE SITE



AUGUSTO 