

SEPTEMBER MENU

MANISTIQUE NUTRITION SITE

Mon	Tue	Wed	Thu	Fri
3 CLOSED FOR LABOR DAY	4 Salisbury Steak Mashed Potatoes/Gravy Broccoli Fruit	5 Bourbon Steak Coconut Rice Carrots Garden Salad Fruit	6 BBQ Pork Ribs Broasted Potatoes Baked Beans Coleslaw; Corn Bread Sherbert	7 Chicken Breast Sour Cream Chive Potatoes Baked Beans Fruited Pudding
10 Scrambled Eggs Sausage Links Hash Browns Juice Mandarin Oranges	11 Lasagna w/Meat Sauce Caesar Salad Breadstick Chunky Applesauce	12 Pineapple BBQ Chicken Phiily Potatoes California Blend Fresh Fruit	13 Baked Ham Tetrzzini Mixed Vegetables Harvard Beets Orange Pineapple Cake	14 Goulash Mixed Vegetables Cornbread Fruit
17 Breaded Chicken Patty Twice Baked Potato Key Largo Veggies Fruit Cocktail	18 Sweet/Sour Meatballs over Rice Oriental Vegetables Oriental Coleslaw Pineapple	19 Roast Pork w/ apricot glaze Mashed Potatoes/butter Mixed Vegetables Applesauce	20 Chicken Pot Pie Lettuce Salad Oatmeal/Raisin Cookie	21 Cold Tuna Macaroni Salad Marinated Vegetables Pineapple Upside Down Cake
24 Pork Steak/w Sauerkraut Boiled Potato w/butter Cream Corn Peach	25 Baked Ham Mashed Potatoes Broccoli w/Cheese Sauce; Pears	26 Salmon Patty Sweet Potato Corn Cornbread Fresh Fruit Cup	27 Chicken Alfredo over Linguini Peas Cucumber Salad Pumpkin Mousse	28 Beef Barley Soup Egg Salad Sandwich on Rye Bread Peas and Cheese Salad Fruit

Subject to change

Menu is for all our senior centers. Call your senior center with questions/comments.

SEPTEMBER 



341-5085
MANISTIQUE

[HOW DO I GET TO THE NUTRITION SITE?](#) [EMAIL THE SITE](#)