

August 2010

Mason County Senior Meal Dinner Menu



Monday	Tuesday	Wednesday	Thursday	Friday
*Cabbage Rolls 2 *Garden Salad *California Blend * Warm Applesauce *Garlic Toast *1% Milk	*Sliced Roast Turkey 3 *Mashed Potato *California Blend Vegetables *Pears *Dinner Roll *1% Milk	*Jumbo Hotdogs 4 *Potato Salad *Creamy Cukes Watermelon *Bun *1 % Milk	*Salisbury Steaks 5 * Augratin Potato * Carrots * Cantaloupe *Biscuit *1% Milk	*Tator Tot Casserole 6 *Peas * Potatoes in entree Grapes Bread 1 % Milk
*Chicken Noodle 9 Casserole/ Peas *Whole Baby Carrots *Sliced Peaches *1% Milk	*Sloppy Joes 10 *Hash Brown Casserole *Wax Beans * Fruit Mix *Hamburger Bun *1% Milk	* Roast Pork 11 * Sweet Potatoes * Winter Blend *Vegetables * Diced Pears *Dinner roll *1% Milk	*Stuffed Green Peppers 12 *Tossed Salad *California Blend * Warm Applesauce * Breadsticks *1% Milk	*Turkey Deli 13 *On a Bun *Coleslaw *Potato Salad * Fruit Mix *1 % Milk
*Lasagna 16 *Asparagus *Tossed Salad *Peaches *Garlic Breadsticks 1% Milk	*Ground Beef w/ Spanish Rice 17 *Cheesy Broccoli *Green Beans Orange Wedges *1% Milk	* Sliced Roast Beef 18 *Mashed Potatoes *Peas * Fruited Jell-O *Rye Bread *1% Milk	* Chicken Stir Fry 19 *7-Layer Salad *Stir Fry Vegetables * Apricots * Rice *1% Milk	*Pepper Steak 20 * Mashed Potato *Beets * Pineapple Tidbit *Rye Bread *1% Milk
*Lemon Baked Fish 23 *Scalloped Potatoes * Green Beans *Ambrosia Salad *Whole Wheat Bread *1% Milk	1/4 Pounder w/cheese 24 *Seasoned Crispy Cubes *Peas *Apricots *Hamburger Bun *1% Milk	* Steak Bites 25 *Mashed Potatoes/gravy * Chopped Spinach * Sliced Apples * Dinner Roll *1% Milk	*Spaghetti w/Meat 26 sauce *Garden Salad *California Blend * Warm Applesauce *Garlic Toast *1% Milk	*Sweet & Sour Pork 27 *Over Bed of Rice * Stir Fry Vegetables * Asparagus * Tropical Fruit Mix *1% milk
*Swiss Steak 30 *Mushroom Gravy *Mashed Potato *Squash * Applesauce *Biscuit w/Honey *1% Milk	*Pancakes 31 *Hash Brown Patty *Sausage *Cantaloupe Orange Juice *1 % Milk			

Senior News

Tallman – 757-3306
 Scottville – 757-4705
 Ludington- 845-6841
 Kitchen – 757-4831

**For all Senior Centers
 Lunch for a Buck at
 Scottville and Tallman
 Centers
 August 26th!!
 Lunch for a Buck
 Ludington Center
 August 20th !!!
 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. As a result of the federal laws they have been discriminated against should write to the Secretary of Agriculture, Washington, D. C.