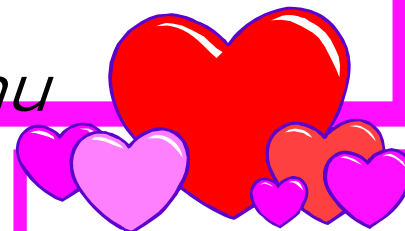




February 2010

Mason County Senior Meals Dinner Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| *Cabbage Rolls 1 *Asparagus Tropical Fruit *Dinner roll *1% milk | *Chicken pot pies 2 *Veggies in entrée Diced Carrots *Orange Wedges *Dinner roll *1% milk | *Roast Pork 3 *Mashed Potato Green Beans *Fruit Mix *Wheat bread *1% milk | *Steak Bites 4 *Scalloped Potatoes *Baby Carrots Orange Wedges *Rye Bread *1 % milk | *Sloppy Joes 5 Baked Beans *Coleslaw *Fruit Mix *Dinner roll *1% milk |
| *Country Fried Steak 8 *Mashed Potatoes *Spinach *Fruit Mix *Dinner roll *1% milk | *Lasagna / meat sauce 9 *Broccoli with cheese Tossed Salad *Fruited Jell-O Garlic breadstick 1% milk | *Hot Roast Beef 10 *Mashed Potato *Carrots *Candied applesauce *Sliced bread *1% milk | *Marinated Chicken 11 Wild Rice *Tossed salad *Stewed Tomatoes Chilled fruit mix 1% milk | *Sweetheart stew 12 Tossed salad *Stewing vegetables *Pineapple *Valentine Cookie *1% milk |
| *Jumbo frank 15 *Coleslaw *Baked Beans *Ambrosia salad *Bun *1% milk | *Beef Stroganoff/ Noodles 16 *Broccoli Raisin Salad *Squash *Lunch Bunch Grapes *1 % milk | *Baked fish 17 *Red skin potatoes *Brussels Sprouts *Diced Peaches *Wheat bread *1% milk Ash Wednesday | *Breaded Chicken 18 *Mashed Potatoes/gravy *Mixed Vegetables Oranges *Dinner roll *1 % milk | *Breaded Fish 19 *Coleslaw *Baked Potato *Sliced pears *Dinner roll *1% milk |
| *Stuffed Green Peppers 22 Tossed salad *Lunch bunch grapes *Dinner roll *1% milk | *Glazed Chicken 23 *Spinach *Tina's Famous Potato Salad *Pears *Biscuit 1% milk | *Stacked Pancakes 24 *Sausage Apple Juice *Hash brown Sliced Pears 1% milk | *Spaghetti/meat sauce 25 *Broccoli 7 - Layer Salad *Diced Cantaloupe Breadsticks 1% milk | *Lemon Pepper Fish 26 *Hashbrown Casserole Steamed asparagus *Sliced pears *Dinner roll *1% milk |

Senior Site #'s

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

Scottville Senior Center
Tallman Senior Center
“Lunch for a buck”
Thursday, February 25th
Ludington Senior Center
February 19th
Come join us.

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.

