

MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721



JUNE MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Take a step back and view your meal from above. Fill half your plate with veggies and fruit, the other half of your plate is split between grains and protein. A side, drink or snack of dairy, such as cheese, Milk, or yogurt will fill the dairy category. By using the MyPlate template, you can improve your meals and health.</p>				
<p>5 Steak Bites Mashed Potatoes/Gravy Carrots Fresh Fruit Roll 1% Milk</p>	<p>6 Taco Tuesday Taco Meat w/ Taco Shell Refried Beans Lettuce & Tomato Peaches 1% Milk</p>	<p>7 Roast Turkey Sweet Potatoes Green Beans Diced Pears Dinner Roll 1% Milk</p>	<p>8 Tator-Tot Casserole Potatoes in Entrée Green Beans Sliced Apples Dinner Roll 1% Milk</p>	<p>9 Breaded Chicken Patty Carrots Coleslaw Apricots Hamburger Bun 1% Milk</p>
<p>12 Spaghetti w/ Meat Sauce Winter Blend Garden Salad Warm Applesauce Garlic Toast 1% Milk</p>	<p>13 Cheeseburger Baked Beans Potato Salad Grapes Bun 1% Milk</p>	<p>14 Breaded Chicken Mashed Potato Beets Pineapple Tidbit Rye Bread 1% Milk</p>	<p>15 Thursday Pizza Day Corn Peaches 1% Milk</p>	<p>16 Liver & Onions Carrots German Potato Salad Pineapple Rye Bread 1% Milk</p>
<p>19 Stuffed Cabbage Rolls Key West Veggie Blend Tossed Salad Tropical Fruit 1% Milk</p>	<p>20 Sloppy Joes Hash Brown Casserole Tropical Fruit Mix Green Beans Hamburger Bun 1% Milk</p>	<p>21 Chicken Noodle Casserole Peas in Entree Carrots Oranges 1% Milk</p>	<p>22 Lasagna Fresh Asparagus Tossed Salad Pineapple Bread 1% Milk</p>	<p>23 Jumbo Hot dog Baked Beans Potato Salad Fruit Mix Bun 1% Milk</p>
<p>26 Chicken Breast over Rice Green Beans Peas Banana 1% Milk</p>	<p>27 Ground beef w/ Mac & Cheese Stewed Tomato Prince Charles Mix Apple Slices 1% Milk</p>	<p>28 Salisbury Steak Au Gratin Potatoes Brussel Sprouts Oranges Biscuit w/Honey 1% Milk</p>	<p>29 Roast Beef Mashed Potatoes Corn Fruited Jell-O Wheat Bread 1% Milk</p>	<p>30 Pancakes Sausage Hash Brown Casserole Grapes & Pears 1% Milk</p>

PLEASE CALL
MEALSITES FOR LUNCH
RESERVATION
BY 9:00 AM

PRICES

Age 60 and up: \$3
Under age 60: \$5

\$1 Lunch Days

**Scottville & Tallman
Centers
Last Thursday of
each month**

**Ludington Center
Serves Lunch on
Tuesdays &
Thursdays**

**Meals on Wheels
231-757-4831**

**Kitchen
231-757-5721**

Meal Sites
Scottville 757-4705
Ludington 845-6841
Tallman 757-3306

Note: Menus are
subject to change.

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