

MASON COUNTY SENIOR MEALS
300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721

NOVEMBER



PLEASE CALL MEALSITES FOR LUNCH RESERVATION BY 9:00 AM.

PRICES

Age 60 and up: \$3
Under age 60: \$6

\$1 Lunch Days

Scottville & Tallman
Last Thur. each month

Ludington Center
Serves Lunch on
Tue. & Thur.

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

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845 6136 (Spanish). USDA is an equal opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Water/hydration: As you get older your sense of thirst decreases, making it harder to tell when your body is trying to tell you it needs water. This can quickly lead to your body not having enough water that is required for so many important body functions and you become dehydrated. Eight, 8- ounce glasses of water is ideal.</p>		<p>1 Breaded Chicken Potatoes Green Bean Casserole Tropical Fruit Bread & 1% Milk</p>	<p>2 Homemade Pizza Peas Tossed Salad Fresh Fruit Salad 1% Milk</p>	<p>3 Breaded Fish Scalloped Potatoes Spinach Applesauce Dinner Roll 1% Milk</p>
<p>6 Homemade Chili With Beef Fries Pears Cornbread 1% Milk</p>	<p>7 BBQ Chicken Carrots Coleslaw Tropical Fruit Dinner Roll 1% Milk</p>	<p>8 Jumbo Hotdogs Spudsters Baked Beans Fresh Banana Hotdog Bun 1% Milk</p>	<p>9 Spaghetti/Meat Sauce Cauliflower Mandarin Oranges Bread 1% Milk</p>	<p>10 Chicken Pot Pie with Veggies Green Beans Peaches 1% Milk</p>
<p>13 Meatballs in Gravy Mashed Potato Brussels Sprouts Grapes Biscuits 1% Milk</p>	<p>14 Polish Sausage Sauerkraut Red Skin Potatoes Applesauce Bun 1% Milk</p>	<p>15 Sloppy Joes Hash Brown Casserole Peas Blushing Pears Hamburger Bun 1% Milk</p>	<p>16 Chicken Marinara Winter Blend Tossed salad Melon Chunks Spaghetti Noodles 1% Milk</p>	<p>17 Sliced Ham Mashed Sweet Potatoes California Blend Fruit Cup Roll 1% Milk</p>
<p>20 Tator Tot Casserole Potatoes in Entree Carrots Peaches Roll 1% Milk</p>	<p>21 Taco Tuesday Taco Meat Flour Shell Corn, Lettuce, Tomatoes Fresh Fruit 1% Milk</p>	<p>22 Turkey Supreme Stuffing Mashed Potatoes Green Beans Pumpkin Dessert 1% Milk</p>	<p>23 No Meals Served Have a great Weekend!!</p> 	<p>24 No Meals Served Have a great Weekend!!!</p>
<p>27 Hot Ham & Cheese Baked Beans Cole Slaw Pears Bun 1% Milk</p>	<p>28 Meatloaf Mashed Potatoes Mixed Veggies Oranges Roll 1% Milk</p>	<p>29 Breaded Chicken Patty Sweet Potato- Tots, Corn Banana Bun & 1% Milk</p>	<p>30 Lasagna Broccoli Tossed Salad Peaches Breadsticks 1% Milk</p>	