

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

October 2024

**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 Thurs. 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**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1 Baked Chicken Scalloped Potatoes Peas Applesauce Rice Pilaf 1% Milk	2 Quarter Pound- er Baked Beans Tossed Salad Watermelon Hamburger Bun 1% Milk	3 Country Fried Steak Mashed Potatoes Green Beans Tropi- cal Fruit Bread 1 % Milk	4 Chicken Tetrzzini Broccoli Carrots Applesauce 1 % Milk	
7 Chicken Stir-Fry Stir -Fry Vegetables Peas Cantaloupe Rice 1% Milk	8 Ground beef w/ Spanish Rice Corn Orange Wedges 1% Milk	9 Stuffed Green Pepper Carrots Warm Peaches 1% Milk	10 Stuffed Baked Pota- to Ham and Cheese Sauce Broccoli Grapes Bread 1% Milk	11 Mac and Cheese Stewed Tomatoes Green Beans Bana- na 1% Milk
14 Ham, Potato and Cheese Casserole Peas Pears Dinner Roll 1 % Milk	15 Sloppy Joes Hash Brown Casserole Corn Applesauce Bun 1% Milk	16 Stuffed Cabbage Rolls Broccoli Warm Spiced Peaches 1% Milk	17 Pizza Day Thursday Tossed Salad Green Beans 1% Milk	18 Lasagna Broccoli Tossed Salad Peaches Bread- sticks 1% Milk
21 Stacked Pancakes Sausage Apple Juice Hash Browns 1% Milk	22 Taco Tuesday Taco Meat Flour Shell Lettuce, Tomato, Cheese Peaches 1% Milk	23 Jumbo frank Baked Beans Coleslaw Pears Bun 1% Milk	24 Chicken Noodle Bake Green Beans Carrots Apricots Sliced Bread 1% Milk	25 Roast Beef Mashed Potatoes Green Beans Diced Pears Dinner Roll 1% Milk
28 Lemon Baked Fish Au Gratin Potatoes Spinach Apricots Dinner Roll 1% Milk	29 Meatloaf Mashed Potatoes Carrots Fruit Mix Wheat Bread 1% Milk	30 Spaghetti w/ Meat Sauce Cali- fornia Blend Warm Ap- plesauce Garden Salad Garlic Toast 1% Milk	31 Lois's Witches Stew Beef, Carrots, Peas Spooky Salad Freaky Fruit mix Halloween Treat 1 % Milk	