

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

September 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day Observed No Meal served	3 Turkey Deli Potato Salad Coleslaw Grapes Bun 1% Milk	4 Baked Chicken Mashed Potatoes/ Gravy Fruit Green Beans Bread 1% Milk	5 Chicken Penne Tomatoes in Entrée Carrots Grapes Tossed Salad 1% Milk	6 Chicken Lasagna Carrots Tossed Salad Fruit Garlic Breadstick 1% Milk
9 Chicken Burger Baked Beans Creamy Cukes Pineapple Bun 1% Milk	10 BBQ Chicken Red Skin Potato Corn Fruit Mix Dinner Roll 1% Milk	11 Jumbo frank Potato Salad Baked Beans Melon Bun 1% Milk	12 Connecticut Beef Bake Potatoes in Entrée Baby Carrots Orange Wedges Dinner Roll 1% Milk	13 Biscuits and Gravy Hash Browns Orange Juice Grapes 1% Milk
16 Cheese Burger Crispy Potatoes Three Bean Salad Bun Pears 1% Milk	17 Tator Tot Casserole Potatoes in Entrée Carrots Fruit Mix Bun & 1% Milk	18 Roast Turkey Sweet potatoes Green Beans Sliced Apples Dinner Roll 1% Milk	19 Homemade Pizza Day Tossed Salad Peas Fruit Salad 1% Milk	20 Spaghetti/Meat Sauce Broccoli Diced Cantaloupe Breadstick 1% Milk
23 Baked Fish Potato Puffs Brussels Sprouts Diced Peaches Wheat Bread 1% Milk	24 Taco Tuesday Beans and Rice Tomato/Lettuce Taco Shell Oranges 1% Milk	25 Beef Fritter/ Gravy Au Gratin Potatoes Corn Fresh Fruit Roll 1% Milk	26 Liver & Onions Mashed Potatoes/ Gravy Green Beans Applesauce Roll 1% Milk	27 Fiesta Lasagna Beans in Entree Corn & Lettuce Tomatoes Pears 1% Milk
30 Chicken Alfredo Tossed Salad Broccoli Fruit mix Garlic Bread 1% Milk	Nutrition News- Frozen Veggies/Fruit -Sodium The recommended amount of sodium for healthy individuals is 2300mg. If you are on a low sodium diet that amount is closer to 1500mg. Looking at nutrition labels is a great place to start to become aware of where your sodium is coming from. Processed foods, canned foods, and packaged foods are generally higher in sodium. Eating a diet lower in sodium can help reduce your blood pressure, reduce swelling, reduce your cholesterol, prevent heart disease, among many other health issues.			

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**

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