

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

June 2025

**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 opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Steak Bites Scalloped Potatoes Carrots Fresh Fruit Roll 1% Milk	3 Taco Tuesday Taco Meat w/ Taco Refried Beans Lettuce & Tomato Peaches 1% Milk	4 Roast Turkey Sweet Potatoes Fresh Asparagus Diced Pears Dinner Roll 1% Milk	5 Chicken Alfredo Noodles Asparagus Cherry Tomatoes Peaches 1% Milk	6 Connecticut Beef Bake Potatoes in Entrée Mixed Veggie Mixed Fruit Sliced Bread 1% Milk
9 Spaghetti w/ Meat Sauce Winter Blend Warm Apple-sauce 1% Milk	10 Stuffed Cabbage Rolls Key West Veggie Blend Tropical Fruit 1% Milk	11 Salisbury Steak Au Gratin Potatoes Brussel Sprouts Oranges Biscuit & Honey 1% Milk	12 Sloppy Joes Hash Brown Casserole Green Beans Tropical Fruit Mix Hamburger Bun 1% Milk	13 Jumbo Hot dog Baked Beans Potato Salad Fruit Mix Bun 1% Milk
16 Breaded Chicken Red Skin Potatoes Beets Pineapple Tidbit Rye Bread 1% Milk	17 Cheeseburger Baked Beans Creamy Cukes Grapes Bun 1% Milk	18 Lasagna Green Beans Pineapple Breadsticks 1% Milk	19 French Bread Pizza Mixed Veggies Tossed Salad Peaches 1% Milk	20 Ground Beef w/ Mac & Cheese Stewed Tomato Prince Charles Mix Apple Slices 1% Milk
23 Tator-Tot Casserole Potatoes in Entrée Mixed Veggies Sliced Apples Dinner Roll 1% Milk	24 Chicken Breast over Rice Green Beans Peas Banana 1% Milk	25 Roast Beef Mashed Potatoes Corn Fruited Jell-O Wheat Bread 1% Milk	26 Liver & Onions Carrots German Potato Salad Pineapple Rye Bread 1% Milk	27 Breaded Chicken Patty Carrots Coleslaw Apricots Hamburger Bun 1% Milk
30 Stuffed Peppers Carrots Fresh Apples 1% Milk	<div> Plan Your Plate: Take a step back and view your meal from above. Fill half your plate with vegetables 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. </div>			