

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

August 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
Nutrition News Frozen Veggies/Fruit Did you know that frozen fruits and vegetables are as nutritious or even more nutritious than the fresh version? When fruits and vegetables are frozen soon after harvest they can retain more vitamins and minerals than fresh produce, which can lose nutrients during transportation and storage. Frozen produce also lasts much longer than fresh in your home and can save you money and a trip to the store.				1 Baked Fish Potatoes Green Beans Oranges Roll 1% Milk
4 Jumbo Hotdog Baked Beans Peppers Warm Applesauce Bun 1% Milk	5 Taco Tuesday Seasoned Taco Meat Spanish Rice Lettuce & Tomato Fresh Fruit Tortilla Shell 1% Milk	6 Roast Pork Sweet Potatoes Corn Diced Peas Dinner Roll 1% Milk	7 Thursday Pizza Day Carrots 3 Bean Salad Strawberry Shortcake 1% Milk	8 Macaroni & Cheese Carrots Peas Fruited Jello 1% Milk
11 Chicken Noodle Casserole Peas Sliced Peaches 1% Milk	12 Stuffed Green Peppers California Blend Fruit Slushie 1% Milk	13 Sloppy Joes Hash Brown Casserole Winter Blend Tropical Fruit Mix Hamburger Bun 1% Milk	14 Swiss Steak/Gravy Mashed Potato Squash Banana Biscuit w/Honey 1% Milk	15 Polish Sausage Sauerkraut Red Potatoes Applesauce Bun 1 % Milk
18 Chicken Patty Crispy Cube Potatoes Corn Pears On a Bun 1 % Milk	19 Swedish Meatballs Noodles Winter Blend Tossed Salad Fruit Mix 1 % milk	20 Lasagna Carrots Watermelon Garlic Breadsticks 1% Milk	21 Tamale Pie w/ Spanish Rice Cherry Tomatoes Orange Wedges 1% Milk	22 Sweet & Sour Pork Over Bed of Rice Stir Fry Vegetables Broccoli Tropical Fruit Mix 1% Milk
25 1/4 Pounder w/Cheese Baked beans Peas & Carrots Apricots Hamburger Bun 1% Milk	26 Chicken Penne With Tomatoes Broccoli Pineapple Tidbit 1% Milk	27 Spaghetti Meat/Tomato Sauce Cauliflower Ambrosia Salad 1 % Milk	28 Meatloaf Mashed Potato w/Gravy Corn Strawberries Rye Bread 1% Milk	29 Stuffed Baked Potato Ham, Cheese, Broccoli Sliced Apples 1% Milk