

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

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Labor Day Observed No Meal served	2 Chicken Lasagna Carrots Broccoli Fruit 1% Milk	3 Jumbo frank Potato Salad Baked Beans Melon Bun 1% Milk	4 Tator Tot Casserole Potatoes in Entrée Carrots Fruit Mix Bun 1% Milk	5 Baked Fish Potato Puffs Brussels Sprouts Diced Peaches Wheat Bread 1% Milk
8 Chicken Burger Baked Beans Creamy Cukes Pineapple Bun 1% Milk	9 Fiesta Lasagna Beans in Entree Corn Lettuce & Tomatoes Pears 1% Milk	10 Baked Chicken Mashed Potatoes/ Gravy Fruit Green Beans Bread 1% Milk	11 Connecticut Beef Bake Baby Carrots Orange Wedges Dinner Roll 1% Milk	12 Biscuits & Gravy Hash Browns Orange Juice Grapes 1% Milk
15 Cheese Burger Crispy Potatoes 3 Bean Salad Bun Pears 1% Milk	16 Taco Tuesday Beans and Rice Tomato/Lettuce Taco Shell Oranges 1% Milk	17 Roast Turkey Sweet potatoes Green Beans Sliced Apples Dinner Roll 1% Milk	18 Homemade Pizza Day Tossed Salad Peas Fruit Salad 1% Milk	19 Spaghetti/Meat Sauce Tomatoes in Entrée Broccoli Diced Cantaloupe Breadstick 1% Milk
22 BBQ Chicken Red Skin Potato Corn Fruit Mix Dinner Roll 1% Milk	23 Goulash Tomatoes in Entrée Green Bean Grapes 1% Milk	24 Beef Fritter/ Gravy Au Gratin Potatoes Corn Fresh Fruit Roll 1% Milk	25 Liver & Onions Mashed Potatoes/ Gravy Green Beans Applesauce Roll 1% Milk	26 Chicken Penne Tomatoes in Entrée Carrots Grapes 1% Milk
29 Chicken Alfredo Broccoli Carrots Tropical Fruit mix 1% Milk	30 Chop Suey Veggies in Entrée Oriental Veggies Applesauce 1% Milk	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		

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

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