

MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721



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

PRICES

**Age 60 and up: \$5
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
	What was this treat called originally? (see page 13)	1 Quarter Pounder Baked Beans Tossed Salad Watermelon Hamburger Bun 1% Milk	2 Country Fried Steak Mashed Potatoes Green Beans Tropical Fruit Bread 1 % Milk	3 Chicken Tetrazzini Broccoli Carrots Applesauce 1 % Milk
6 Chicken Stir-Fry Stir-Fry Veggies Peas Cantaloupe Rice 1% Milk	7 Ground beef w/ Spanish Rice Corn Orange Wedges 1% Milk	8 Stuffed Green Pepper Carrots Warm Peaches 1% Milk	9 Stuffed Baked Potato Ham and Cheese Sauce Broccoli Grapes Bread 1% Milk	10 Mac and Cheese Stewed Tomatoes Green Beans Banana 1% Milk
13 Ham, Potato and Cheese Casserole Peas Pears Dinner Roll 1 % Milk	14 Sloppy Joes Hash Brown Casserole Corn Applesauce Bun 1% Milk	15 Stuffed Cabbage Rolls Broccoli Warm Spiced Peaches 1% Milk	16 Pizza Day Thursday Tossed Salad Green Beans 1% Milk	17 Lasagna Broccoli Tossed Salad Peaches Breadsticks 1% Milk
20 Stacked Pancakes Sausage Apple Juice Hash Browns 1% Milk	21 Taco Tuesday Taco Meat Flour Shell Lettuce, Tomato, Cheese Peaches 1% Milk	22 Jumbo frank Baked Beans Coleslaw Pears Bun 1% Milk	23 Chicken Noodle Bake Green Beans Carrots Apricots Sliced Bread 1% Milk	24 Roast Beef Mashed Potatoes Green Beans Diced Pears Dinner Roll 1% Milk
27 Lemon Baked Fish Au Gratin Potatoes Spinach Apricots Dinner Roll 1% Milk	28 Meatloaf Mashed Potatoes Carrots Fruit Mix Wheat Bread 1% Milk	29 Spaghetti w/ Meat Sauce California Blend Warm Applesauce Garden Salad Garlic Toast 1% Milk	30 Baked Chicken Scalloped Potatoes Peas Applesauce Rice Pilaf 1% Milk	31 Lois's Witches Stew Beef, Carrots, Peas Spooky Salad Freaky Fruit mix Halloween Treat 1 % Milk