

JACKSON COUNTY
SENIOR NUTRITION PROGRAM



Jackson County Department On Aging
CONGREGATE
November 2018

Reservations needed one day in advance: **CALL 768-8684**
LUNCH SERVED AT NOON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Veggie Burger w/Let.Tom&Cheese 14 4" Whole Wheat Bun 30 1/2 cup Sweet Potatoes 30 1/2 cup Mixed Veggies 15 Banana 27 Milk 11 Total Carbohydrates 127	1 2 Chicken & Bell Pepper Fajita 20 8" Flour Shell 21 1/2 cup Refried Beans 22 1/2 cup Corn and Black Bean Fiesta 16 1/2 cup Mandarin Oranges 15 Milk 11 Dessert Total Carbohydrates 105
5 Pulled Pork 16 4" Whole Wheat Bun 30 1/2 cup Baked Beans 25 1/2 cup Sweet Corn 15 1/2 cup Applesauce 15 Milk 11 Total Carbohydrates 112	6 Chicken Drumsticks (2) 10 1/2 cup Au Gratin Potatoes 20 1/2 cup Midori Veg Blend 5 1/2 cup Mandarin & Pineapples 15 Whole Grain Dinner Roll 24 Milk 11 Sorbet Total Carbohydrates 85	7 Beef Pot Roast 10 1/2 cup Garlic Mashed Potatoes 20 1/2 cup Peas & Carrots 10 1/2 cup Fresh Orange 21 Whole Grain Dinner Roll 24 Milk 11 Total Carbohydrates 106	8 Vegetable Lasagna 25 1/2 cup Green Beans w/Ham 5 1/2 Hot Spiced Apples 20 Whole Grain Garlic Toast 11 Milk 11 Total Carbohydrates 72	9 Sloppy Joes 21 4" Whole Wheat Bun 30 1/2 cup Broccoli 5 1/2 cup Diced Carrots 5 Apple 19 Milk 11 Chef's Choice - Dessert Total Carbohydrates 91
12 CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY	13 Keilbasa & Sauerkraut 5 1 med.Red Skin Potato 25 1/2 cup Carrot Coins 5 Whole Grain Dinner Roll 24 Milk 11 Fruited Jello 25 Total Carbohydrates 95	14 Stuffed Pepper 10 1/2 cup Broccoli 5 1/2 cup Mixed Vegetables 10 1/2 cup Applesauce 15 Dinner Roll 15 Milk 11 Total Carbohydrates 66	15 Wiley Potato (Baked Potato with Hamburger & Mushroom Gravy) 30 1 cup Garden Salad 5 Banana 27 Whole Grain Dinner Roll 24 Milk 11 Total Carbohydrates 97	16 Stuffed Cabbage 10 1/2 cup Mashed Potatoes 25 1/2 cup Peas 5 Grapes 10 Whole Grain Dinner Roll 24 Milk 11 Cookie 0 Total Carbohydrates 85
19 Pollock Fillet w/tartar sauce 13 1/2 cup Scalloped Potatoes 20 1/2 cup Green Beans 5 Fresh Orange 21 Whole Grain Dinner Roll 24 Milk 11 Total Carbohydrates 94	20 Swedish Meatballs (6) over Rice 30 1/2 cup California Veg Blend 5 1/2 cup Stewed Tomatoes 10 Apple 19 Whole Grain Dinner Roll 24 Milk 11 Chef's Choice Dessert Total Carbohydrates 99	21 Turkey 5 1/2 cup Mashed Sweet Potatoes 30 1/2 cup Green Bean Casserole 10 1/2 cup Cranberry Apples 19 Whole Grain Dinner Roll 24 Milk 11 Pumpkin Pie w/Whipped Cream 40	22 CLOSED THANKSGIVING	23 CLOSED DAY AFTER THANKSGIVING
26 Beef Hot Dog on Wheat Bun (Topped with chopped onions) 21 1/2 cup Potato Cheese Bake 20 1/2 cup Brussels Sprouts 5 Fresh Orange 21 Milk 11 Total Carbohydrates 78	27 Teriyaki Chicken Breast 10 4" Whole Wheat Bun 25 1/2 cup Broccoli 5 1 cup Garden Salad 5 1/2 cup Pears and Strawberries 15 Milk 11 Birthday Dessert Total Carbohydrates 71	28 Salisbury Steak w/Mushroom Gravy 5 1/2 cup Mashed Potatoes 20 1/2 cup Peas & Pearl Onions 10 1/2 cup Mandarin & Pineapple Mix 15 Whole Grain Dinner Roll 15 Milk 11 Total Carbohydrates 76	29 Meatball Sub (3 meatballs) 4 5" Whole Grain Sub Bun 28 1/2 cup Cauliflower 5 1/2 cup Green Beans 5 Grapes 10 Milk 11 Chef's Choice Dessert Total Carbohydrates 63	30 Pulled Chicken & Gravy 9 Over Whole Grain Bisquit 20 1/2 cup Broccoli 5 1 cup Garden Salad 5 1/2 cup Fruit Cocktail 15 Milk 11 Chef's Choice Dessert Total Carbohydrates 65

Menus approved by:

* Substitutions may be made if needed

122 Starr Rd, Spring Arbor, MI
 517-750-1010
 M-F, 9:45am- 1:45pm, Meal at noon
 Shimone Hayward Senior Center Specialist

Spring Arbor Senior Center-The Gathering

NOVEMBER 2018



Su	Mon	Tue	Wed	Thu	Fri	Sa
				1 10:30-11:30 Line Dance/ All skill levels welcome	2 10:15-11:15 <u>Fit After 50</u>	3
4 10-12 Carving 10:15-11:15 <u>Fit After 50</u> 11:15-12 Advisory	5	6 Site will be closed Election Day 	7 Birthday Party today 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u> Blood Pressure 11:30-12:15	8 10:30-11:30 Line Dance/ All skill levels welcome	9 Veteran's Expo 10am-2pm 	10
11 Closed for observance of Veteran's Day 	12 10-11 Yoga	13	14 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u> 12:30-1:30 Penny Bingo	15 10:30-11:30 Line Dance/ All skill levels welcome	16 10:15-11:15 <u>Fit After 50</u>	17
18 10-12 Carving 10:15-11:15 <u>Video Aerobics</u> 12:00 Ice Cream Sundaes with lunch 	19	20 11-12pm Hand-stamped Cards w/Sue	21 10:15-11:15 <u>Video Aerobics</u> Game Day: 11:30-1:30 Table games & cards before and after lunch	22 Thanksgiving Break Site Closed 	23	24
25 10-12 Carving 10:15-11:15 <u>Fit After 50</u>	26 10-11 Yoga	27	28 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u> 12:30-1:30 Penny Bingo	29 10:30-11:30 Line Dance/ All skill levels welcome 11-12 Book Club	30 10:15-11:15 <u>Fit After 50</u>	