

**Saginaw County Commission on Aging
Meals Menu**

October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken n' Gravy 13 Diced Redskin Potatoes 12 Parsley Buttered Carrots 7 Fruit Compote 14 Dinner Roll 16 Fat Free Chocolate Milk 20	4 Beef Tips 3 Brown Rice 17 California Blend Vegetables 7 Chilled Pears 16 Dinner Roll 16 Fat Free White Milk 13	5 Layered Dinner 11 Super Sweet Corn 21 Mixed Melon Salad 12 Whole Wheat Bread 19 Chocolate Milk 20	6 Country Style Turkey Casserole 12 Mashed Potatoes 19 Green Beans w/ basil 7 Peaches 14 Dinner Roll 16 Chocolate Milk 20	7 Meatballs w/ gravy 16 Egg Noodles 19 Italian Blend 8 Ambrosia 24 Whole Wheat Bread 19 Fat Free White Milk 13
10 Pork Chop 0 Sliced Potatoes 21 Spinach 4 Orange 11 Dinner Roll 16 Chocolate Milk 20	11 Meat Lasagna 28 Vegetable Medley 10 Mixed Green Salad 4 Fruitcup 16 Garlic Breadstick 22 Fat Free White Milk 13	12 Ham 0 Maple Glazed Sweet Potatoes 33 Prince Charles 6 Tropical Fruit 22 Fat Free White Milk 13 Multigrain Dinner Roll 24	13 Meatloaf 8 Mashed Potatoes 19 Green Peas 12 Apple Slices 7 w/ peanut butter 5 Dinner Roll 16 Fat Free White Milk 13	14 BBQ Chicken 18 Macaroni & Cheese 21 Normandy Vegetables 2 Strawberry Shortcake 46 Chocolate Milk 20
17 Omelet 3 Sausage Links 0 Potatoes w/onions 13 Mandarin Oranges 13 Whole Wheat Bread 19 Fat Free Chocolate Milk 20	18 Spanish Rice & Ground Beef 79 Cauliflower 3 Fruit Medley 13 Mini Biscuit 13 Fat Free White Milk 13	19 Roast Pork w/ gravy 1 Mashed Potatoes 19 Succotash 16 Peaches and Grapes 14 Dinner Roll 16 Fat Free White Milk 13	20 Chicken Cordon Blue 16 Potatoes Continental 19 Mixed Vegetables 15 Pineapple Orange Delight 36 Dinner Roll 16 Chocolate Milk 20	21 Veal Parmesan 27 Spaghetti Noodles 21 Brussel Sprouts 9 Chilled Pears 16 Texas Toast 20 Chocolate Milk 20
24 Stuffed Green Pepper 16 Italian Blend 8 Fruit & Cottage Cheese 26 Whole Wheat Bread 19 Fat Free Chocolate Milk 20	25 Fish Almondine 13 Rice 18 Vegetable Medley 10 Ambrosia 24 Dinner Roll 16 Chocolate Milk 20	26 Spooky Pot Roast 2 Mashed Potatoes 19 Glazed Carrots 16 Jack-o-lantern Jell-O 8 Garlic Breadstick 22 Fat Free White Milk 13	27 Chili 23 Potato Salad 24 Capri Vegetables 5 Fruit Cocktail 15 Whole Wheat Crackers 5 Fat Free White Milk 13	28 Sunday Chicken 5 Rosemary Potatoes 25 String Beans 6 Cranapples 47 Multigrain Dinner Roll 24 Chocolate Milk 20
31 Salisbury Steak w/ gravy 21 Potatoes Continental 19 Scandinavian Vegetables 9 Fruit Medley 13 Whole Wheat Bread 19 Chocolate Milk 20	<p>Suggested Donation: \$2.25 - Call 989-797-6880 for details Menu subject to change without notice Please call to reserve meals by 12noon the day before scheduled meal. Also, please call to cancel by 12noon the day before.</p> <p>Grams of Carbohydrates: 15 grams = 1 carb exchange. All menus are prepared with no added salt and a maximum of 1200mg sodium per meal. Menu items may be cooked and/or come into contact with the following food allergen products such as eggs, milk, wheat, fish or peanut products.</p>			