

**Saginaw County Commission on Aging  
Meals Menu**

# November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Italian Chicken Marinara 38 Brussel Sprouts 9 Peaches 14 Texas Toast 20 Fat Free White Milk 13	2 Chicken Pot Pie 14 Mashed Potatoes 19 Apple Walnut Salad 32 Buttermilk Biscuit 26 Fat Free White Milk 13	3 Layered Beef & Cabbage 24 Prince Charles 6 Plums 17 Hawaiian Roll 19 Chocolate Milk 13	4 BBQ Pork Rib 5 Souper Scalloped Potatoes 26 Super Sweet Corn 21 Applesauce 12 Multigrain Dinner Roll 24 Fat Free White Milk
7 Beef Dippers 8 Diced Redskin Potatoes 12 Vegetable Medley 10 Chilled Pears 16 Dinner Roll 20 Chocolate Milk 20	8 Chicken Noodle Casserole 38 Mixed Vegetables 15 Mixed Fruit Salad 8 Whole Wheat Bread 19 Fat Free White Milk 13	9 Beef Stew 21 Garden Tossed Salad 2 Hawaiian Roll 19 Peach Cobbler 51 Fat Free White Milk 13	10 Beef Tacos 38 Spanish Rice 23 Refried Beans 21 Mandarin Oranges 13 Fat Free White Milk 13	11 <b>Closed in Observance of Veteran's Day</b>
14 Beer Battered Cod 15 Rice Pilaf 18 Caribbean Blend Vegetable 6 Pineapple Tidbits 20 Whole Wheat Bread 19 Fat Free White Milk 13	15 Hamburger Deluxe 31 Potato Salad 24 Capri Vegetables 5 Fruit cup 16 Fat Free White Milk 13	16 Sliced Turkey w/ gravy 9 Mashed Potatoes 19 Stuffing 17 Green Bean Casserole 6 Dinner Roll 16 Pumpkin Pie 50 Chocolate Milk 20	17 Veal Parmesan 27 Green Peas 12 Ambrosia 24 Texas Toast 20 Chocolate Milk 20	18 Chicken w/ mushroom gravy 1 Potatoes w/ onions 13 Prince Charles 6 Apple Slices 7 w/ peanut butter 5 Chocolate Milk 20
21 Pork Chop 0 Maple Glazed Sweet Potatoes 33 California Blend Vegetables 7 Applesauce 12 Dinner Roll 16 Chocolate Milk 20	22 Chicken Cordon Blue 16 Rosemary Potatoes 25 Corn 25 Fruit Compote 14 Multigrain Dinner Roll 24 Fat Free White Milk 13	23 Meatloaf 8 Mashed Potatoes 19 Glazed Carrots 16 Apricots 18 Multigrain Dinner Roll 3 Fat Free White Milk 8	24 <b>Closed in Observance of Thanksgiving Day</b>	25 <b>Closed in Observance of Day After Thanksgiving Day</b>
28 Omelet 3 Homestyle Potatoes 20 Turkey Sausage Links 0 Orange 21 Fat Free White Milk 13	29 Swiss Chicken 0 Roasted Quartered Redskins 15 Cranberry Swirl 38 Herbed Green Beans 6 Whole Wheat Bread 19 Chocolate Milk 20	30 Layered Dinner 11 Tossed Salad 3 Spiced Peaches 17 Dinner Roll 16 Chocolate Milk 20	<b>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.</b>	

**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.**