



SENIOR SERVICES
www.SeniorServicesMidland.org
989-633-3700

CENTER HOT MENU • AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Pork Chop Suey* over Brown Rice** Apple Blueberry Crisp** Clementine* Fortune Cookie	30 Tater Tot Casserole* Stewed Apples* Wheat Sweet Yeast Roll** Grape Cranberry Juice*	31 All American Burger *** Roasted Red Potatoes ** Baby Carrot Pack Fruited Gelatin**	1 AUGUST Chicken Bowl*** Corn* Strawberries & Blueberries*	2 Alaskan Pollock Fillet* Cheesy Potatoes** Broccoli w/Cheese Banana**
5 Chicken Cordon Bleu* w/ Alfredo Sauce Roasted Red Potatoes** Brussels Sprouts* Fruited Gelatin**	6 Turkey Burger with Creamy Bacon Dressing, Lettuce, Tomato & Onion** Dilled Carrots* Clementine*	7 Swedish Meatballs* Mashed Potatoes* California Blend Vegetables Fresh Blueberries* Savory Garlic Bread*	8 Fiesta Chicken* Spanish Rice* Corn* Kiwi*	9 Sloppy Joe*** Ranch Potatoes* Green Beans w/Bacon & Onion* Fresh Strawberries*
12 Creamy Chicken Creamy Chicken Stuffing** Peas* Mandarin Oranges & Pineapple*	13 BBQ Pork Wings* Roasted Sweet Potatoes w/ Brussels Sprouts* Fresh Strawberries* Lemon White Chocolate Cookie**	14 Meatloaf* w/Gravy Mashed Potatoes* Peas & Carrots* Malibu Fruit Blend* Multi Grain Swirl Bread**	15 Chicken Enchiladas*** Spanish Rice* Cucumber & Tomato Salad Clementine*	16 Baked Spaghetti** California Blend Vegetables Red Grapes* Savory Garlic Bread*
19 BBQ Chicken Breast* Green Beans Baked Beans** Potato Salad* Kiwi* Apple Juice*	20 Ginger Chicken & Asparagus* Brown Rice** Peach Crisp** Clementine*	21 French Dip*** Ranch Potatoes* Cucumber & Tomato Salad Golden Delicious Apple*	22 Crispy Pollock Fillet* Macaroni & Cheese* Romaine & Leaf Tossed Salad Clementine* French Bread Roll*	23 BBQ Pulled Pork Sandwich*** Ranch Potatoes* Coleslaw* Strawberries & Blueberries*
26 Pork Chop Suey* over Brown Rice** Apple Blueberry Crisp** Clementine* Fortune Cookie	27 Tater Tot Casserole* Stewed Apples* Wheat Sweet Yeast Roll** Grape Cranberry Juice*	28 All American Burger *** Roasted Red Potatoes ** Baby Carrot Pack Fruited Gelatin**	29 Chicken Bowl*** Corn* Strawberries & Blueberries*	30 Alaskan Pollock Fillet* Cheesy Potatoes** Brussel Sprouts* Key Lime Coconut Cake***

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend:
Sanford: (989) 687-7888 Coleman: (989) 465-6216 Trailside: (989) 633-3790 Mills: (989) 282-1622 Greendale: (989) 832-8683.

Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice.

* = 15 gm carbohydrate. If there is no (*) by an item, there are little-no carbohydrates in that food item. Milk* is served with each meal.

Meals on Wheels Cold MENU • AUGUST 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
29	Almond Lemon Chicken Macaroni Salad** Fresh Pear** Hawaiian Roll*	30	Heavenly Chicken Salad* Malibu Fruit Blend* Red Beans & Pasta Salad** Thousand Island Dressing* Croutons	31	Turkey Sandwich** Corn Salad* Red Delicious Apple* Oatmeal Cookie*	1	AUGUST Tuna Pasta Salad** Confetti Bean Salad* Clementine* Sourdough Bread*	2	Million Dollar Chicken Salad Broccoli Citrus Salad* Fresh Pear** Bread Pudding***
5	Egg Salad Confetti Bean Salad* Grape Cranberry Juice* Wheat Sweet Yeast Roll**	6	Mexican Chicken Salad Tortilla Chips* Corn Salad* Fresh Plum* Banana Pudding w/ Vanilla Wafers**	7	Chicken Tortellini Salad** Apple Raisin Carrot Salad* Kiwi* Fruited Gelatin**	8	Pork Sandwich** Navy Bean Salad* Strawberries & Blueberries*	9	Poppyseed Chicken Pasta Salad*** Confetti Bean Salad* Mangos & Pineapple* Peanut Butter Cookie*
12	Chicken & Bean Salad** Apple Raisin Carrot Salad* Red Grapes* Sweet Banana Nut Bread**	13	Chicken Waldorf Salad Greek Pasta Salad* Fresh Strawberries* Triple Chocolate Cookie**	14	Boiled Eggs Broccoli Citrus Salad* Fresh Pear** Apple Walnut Buttermilk * Muffin*	15	Taco Salad Red Beans & Pasta Salad** Fresh Plum* Banana Pudding w/ Vanilla Wafers**	16	Meatloaf* Rye Bread** Macaroni Salad** Clementine*
19	Ham Sandwich** Peas & Peanut Salad* Mangos & Pineapple* Tomato Juice	20	Cottage Cheese & Fruit* Navy Bean Salad* Grape Cranberry Juice* Lemon White Chocolate Cookie**	21	Chef Salad Fresh Blueberries* Strawberry Angel Food Shortcake*** Poppyseed Dressing* Croutons	22	Asian Chicken Salad** Broccoli Citrus Salad* Fresh Pear** Chocolate Pudding**	23	Chicken Pasta Salad** Navy Bean Salad* Banana** Naan Flatbread*
26	Almond Lemon Chicken Macaroni Salad** Fresh Pear** Hawaiian Roll*	27	Heavenly Chicken Salad* Malibu Fruit Blend* Red Beans & Pasta Salad** Thousand Island Dressing* Croutons	28	Turkey Sandwich** Corn Salad* Red Delicious Apple* Oatmeal Cookie*	29	Tuna Pasta Salad** Confetti Bean Salad* Clementine* Sourdough Bread*	30	Million Dollar Chicken Salad Broccoli Citrus Salad* Fresh Pear** Bread Pudding***

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