



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

# CENTER HOT MENU • SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>LABOR DAY</b> <b>All Centers Closed and</b> <b>No Meals on Wheels Delivery</b>	<b>3</b> Pork Fritter w/Alfredo * Parsley Potatoes * Stewed Apples * Cucumbers 'n Vinegar Savory Garlic Bread *	<b>4</b> Turkey Pot Roast Mashed Potatoes * Roasted Butternut Squash * Strawberries ** Cranberry Walnut Bread *	<b>5</b> Autumn Apple Chicken *** Roasted Sweet Potatoes * Wheat Sweet Yeast Roll ** Clementine *	<b>6</b> Meat & Veggie Pizza ** Peas & Cheese Salad * Fruited Gelatin ** Banana **
<b>9</b> Open-faced Hot Turkey Sandwich Mashed Potatoes * Poultry Gravy Rye Bread * California Blend Vegetables Peach Crisp ** Clementine *	<b>10</b> Herb Roasted Pork Loin Roasted Sweet Potatoes * Broccoli Wheat Sweet Yeast Roll ** Peach and Pear Delight ****	<b>11</b> Oven Roasted Chicken Drumstick Scalloped Potatoes * Carrots * Clementine * Caramel Apple Crumble ** Hawaiian Roll *	<b>12</b> Chicken Pot Pie *** Applesauce Salad ** Biscuit *	<b>13</b> Fish Tenders * Smashed Baked Potato ** Dilled Carrots * Fruited Gelatin ** Wheat Sweet Yeast Roll **
<b>16</b> Stuffed Salmon w/Alfredo Sauce * Herb Pasta ** Brussels Sprouts * Hot Cinnamon Applesauce * Naan Flat Bread *	<b>17</b> Bourbon Chicken Red, Green Peppers & Onions Brown Rice ** Golden Delicious Apple * Fruited Gelatin **	<b>18</b> Meatloaf * Meatloaf Gravy Mashed Potatoes * Peas & Carrots * Pineapple Tidbits * Wheat Sweet Yeast Roll **	<b>19</b> Pork Chop Suey * Brown Rice ** Broccoli Fresh Pear ** Fortune Cookie Hawaiian Roll *	<b>20</b> Chicken Mushroom Alfredo Penne ** Normandy Vegetable Blend Banana ** Savory Garlic Bread *
<b>23</b> Chicken & Dumplings ** Biscuit * French Green Beans Fresh Plum * Pumpkin Mousse *	<b>24</b> Crispy Pollock Fillet * Macaroni & Cheese * Brussels Sprouts Strawberries & Blueberries * Hawaiian Roll *	<b>25</b> Philly Sloppy Joe's *** Baked Beans ** Cucumbers 'n Vinegar Golden Delicious Apple *	<b>26</b> Dutch Chicken Wheat Bread Stuffing ** Carrots * Mango Chunks *	<b>27</b> Swiss Steak Beef Gravy Mashed Potatoes * Braised Cabbage * Banana ** Sweet Orange Bread **

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.



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# Meals on Wheels Cold MENU • SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>LABOR DAY</b> All Centers Closed and No Meals on Wheels Delivery	3 Almond Lemon Chicken Peas & Peanut Salad * Raisins ** Hawaiian Roll *	4 Mexican Chicken Salad Clementine * Prune Juice * Ranger Cookie ** Salsa Tortilla Chips *	5 Cottage Cheese & Fruit * Peas & Cheese Salad * Hawaiian Roll * Chocolate Pudding **	6 Chicken and Bean Salad ** Mandarin Oranges * Naan Flatbread * Banana Chocolate Chip Cookie **
9 Ham Sandwich *** Three Bean Salad * Chunky Applesauce *	10 Egg Salad Confetti Bean Salad * Kiwi * Apple Juice * Naan Flatbread *	11 Turkey & Cheese Savory Garlic Bread ** Red Beans & Pasta Salad ** Clementine (2) * Banana Chocolate Chip Muffin ***	12 Tuna Apple Salad Pineapple Tidbits * Navy Bean Salad * Naan Flatbread *	13 Taco Salad Salsa Tortilla Chips * Fresh Plum * Ginger Snap Cookie **
16 Crispy Oven Chicken * Colby Jack Cheese Slice Hamburger Bun ** Red Beans & Pasta Salad ** Mango Chunks *	17 Chicken Waldorf Salad Greek Pasta Salad * Fresh Pear ** Rye Bread *	18 Boiled Eggs Cottage Cheese Peas & Cheese Salad * Tropical Fruit * Strawberry Parfait **	19 Cottage Cheese & Fruit * Confetti Bean Salad * Fruit Cocktail * Pumpkin Muffin **	20 Meatloaf * Beets * Clementine * Rye Bread (2) **
23 Turkey Sandwich *** Cucumber and Carrot Salad * Fresh Pear ** Chocolate Pudding **	24 Chicken Pasta Salad ** Beets * Mangoes & Pineapple * Double Chocolate Muffin **	25 Tuna Pasta Salad ** Carrot & Celery Sticks Kiwi * Chocolate Chip Cookie *	26 Pork Sandwich ** Navy Bean Salad * Peaches *	27 Simple Egg Salad Beets * Burst O Berries * Bread Pudding *** Raisins **

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