


JACKSON COUNTY
SENIOR NUTRITION PROGRAM



Jackson County Department On Aging
CONGREGATE
September 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Senior Dinner Dance - SEPT 7 Dinner Served 5PM- 5:30 PM Dance 6-9 PM Cheeseburger Garden Salad Fruit Cocktail Milk Chef's Choice Dance Reservations 788-4364</p>				<p>1 Teriyaki Chicken Breast on Wheat Bun w/mayo 30 Au Gratin Potatoes 20 Scandinavian Veg Blend 5 Fresh Fruit 15 Milk 11 Pudding 25 <i>Total Carbohydrates</i> 106</p>
<p>4 Labor Day All Sites Closed</p>	<p>5 Pollock Filet w/tartar 5 Scalloped Potatoes 25 Winter Veg Blend 5 Fresh Fruit 5 Dinner Roll 15 Milk 11 Cookie 25 <i>Total Carbohydrates</i> 91</p>	<p>6 Chicken & Gravy over Biscuit 35 Succotash 20 Garden Salad 10 Spiced Apple Rings 15 Milk 11 <i>Total Carbohydrates</i> 91</p>	<p>7 Stuffed Pepper 15 Mashed Potatoes 20 Hot Spiced Peaches 25 Dinner Roll 15 Milk 11  Dinner Dance <i>Total Carbohydrates</i> 86</p>	<p>8 BBQ Ribbette on Bun 40 Potato Cubes w/ketchup 20 French Cut Green Beans 5 Tropical Fruit Salad 15 Milk 11 Chef's Choice Dessert 20 <i>Total Carbohydrates</i> 111</p>
<p>11 Breaded Turkey Patty on Whole Grain Bun w/mayo 25 Au Gratin Potatoes 20 Scandinavian Veg Blend 5 Fresh Fruit 15 Milk 11 <i>Total Carbohydrates</i> 91</p>	<p>12 Beef Pot Roast w/Gravy 10 Mashed Potatoes 25 Mixed Veggies 5 Applesauce 15 Dinner Roll 15 Milk 11 Cookie 25 <i>Total Carbohydrates</i> 106</p>	<p>13 Chicken Cordon Bleu 10 Red Skin Potatoes 30 Italian Veg Blend 5 Chunky Peaches 15 Dinner Roll 15 Milk 11 <i>Total Carbohydrates</i> 86</p>	<p>14 Chicken Drumsticks 10 Scalloped Potatoes 20 Midori Veg Blend 5 Fresh Fruit 15 Dinner Roll 15 Milk 11 Pudding 20 <i>Total Carbohydrates</i> 76</p>	<p>15 Teriyaki Beef Bites (4) 5 Sweet Potatoes 30 Green Beans 5 Fresh Fruit 15 Dinner Roll 15 Milk 11 Pudding 20 <i>Total Carbohydrates</i> 101</p>
<p>18 Lasagna Roll-Ups 30 Carrot Coins 5 Cauliflower 5 Fresh Fruit 15 Goldfish Graham Snack 15 Milk 11 <i>Total Carbohydrates</i> 81</p>	<p>19 Breaded Chicken Tenders (2) 15 Red Skin Potatoes 15 Peas & Carrots 10 Apricot Juice 15 Blueberry Muffin 15 Milk 11 Classic Car Show <i>Total Carbohydrates</i> 81</p>	<p>20 Hamburger Gravy 30 Mashed Potatoes 20 Kyoto Veg Blend 5 Fresh Fruit 15 Dinner Roll 15 Milk 11 <i>Total Carbohydrates</i> 96</p>	<p>21 Fish Sandwich on Bun w/tartar 30 O'Brien Potatoes 23 Capri Veg Blend 5 Diced Peaches 15 Milk 11 <i>Total Carbohydrates</i> 84</p>	<p>22 Italian Marinated Chicken Breast 0 Scalloped Potatoes 25 Lima Beans 5 Fruit Cocktail 15 Dinner Roll 15 Milk 11 Cake 30 <i>Total Carbohydrates</i> 101</p>
<p>25 Bratwurst on Bun w/mustard 15 Roasted Potato Wedges 25 Mixed Veggies 5 Fresh Fruit 15 Milk 15 <i>Total Carbohydrates</i> 75</p>	<p>26 Salisbury Steak w/Mushroom Gravy 5 Mashed Potatoes 25 Winter Veggie Blend 5 Tropical Fruit Salad 15 Dinner Roll 15 Milk 11 Cookie 15 <i>Total Carbohydrates</i> 91</p>	<p>27 Stuffed Cabbage Roll 10 Baked Potato 20 Scandinavian Veg Blend 5 Applesauce 15 Dinner Roll 15 Milk 11 <i>Total Carbohydrates</i> 76</p>	<p>28 Pulled Turkey & Gravy 0 Mashed Potatoes 25 Peas & Pearl Onions 10 Fruit Cocktail 15 Dinner Roll 15 Milk 11 Cookie 15 <i>Total Carbohydrates</i> 76</p>	<p>29 Cheeseburger on Bun w/Ketchup 30 Sliced Onion 25 Baby Carrots 10 Garden Salad 15 Fresh Fruit 15 Milk 11 Cookie 15 <i>Total Carbohydrates</i> 86</p>

Menus approved by:


* Substitutions by kitchen staff may be made if necessary

122 Starr Rd, Spring Arbor, MI
 517-750-1010
 M-F, Meal at noon

Spring Arbor Senior Center—The Gathering Place

SEPTEMBER 2017



Su	Mon	Tue	Wed	Thu	Fri	Sa
					10:15-11:15 <u>Fit After 50</u> 1	2
3	4 WE WILL BE CLOSED LABOR DAY	5 10:15-11:15 Video Aerobics	6 Birthday Party today 10-12 Knit/Crochet 10:15-11:15 Video Aerobics	7 No line dance today	8 10-12 Acrylic Painting 10:15-11:15 Video Aerobics	9
10 10-12 Carving 10:15-11:15 <u>Fit After 50</u> 12:00 Ice Cream Sundaes with lunch 	11	12 10-11 Yoga	13 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u> 1-2 Advisory Board	14 10:30-11:15 Line Dance/ Advanced Beginner	15 10:15-11:15 <u>Fit After 50</u> 11:30-12 Nutrition Education	16
17 10-12 Carving 10:15-11:15 <u>Fit After 50</u>	18	19 10-11 Yoga 10-12pm Hand-stamped Cards w/Norma	20 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u> Game Day: 11:30-1:45 Table games & cards before and after lunch	21 10:30-11:15 Line Dance/ Advanced Beginner	22 10-12 Acrylic Painting 10:15-11:15 <u>Fit After 50</u>	23
24 10-12 Carving 10:15-11:15 <u>Fit After 50</u>	25	26 10-11 Yoga	27 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u> 11:30-12 Blood Pressures 12:45-1:45 Penny Bingo	28 10:30-11:15 Line Dance/ Advanced Beginner	29 1:15-11:15 <u>Fit After 50</u>	30