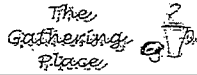


JACKSON COUNTY  
SENIOR NUTRITION PROGRAM



Jackson County Department On Aging  
CONGREGATE  
April 2018

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
Stuffed Cabbage	2	Chicken Drumsticks (2)	3	Chicken Gravy over Biscuit	4	Western Meatloaf	5	Fortellini Tomato Soup	6	
Red Skin Potatoes	10	Potato Soup	10	Honey Parisian Carrots	10	Scalloped Potatoes	12	Garden Salad	22	
Broccoli	20	Green Beans	15	Garden Salad w/Croutons	12	Normandy Veggie Blend	20	Creamy Corn & Black Bean Salad	10	
Cinnamon Applesauce Cup	15	Tropical Fruit Salad	5	Fresh Fruit	10	Fruit Cocktail	5	Fresh Fruit	5	
Dinner Roll	15	Dinner Roll	15	Milk	15	Dinner Roll	15	Dinner Roll	15	
Milk	11	Milk	11	Milk	11	Milk	11	Milk	11	
		Chef's Choice Dessert	15					Ice Cream Cup	15	
<b>Total Carbohydrates</b>	<b>86</b>	<b>Total Carbohydrates</b>	<b>86</b>	<b>Total Carbohydrates</b>	<b>78</b>	<b>Total Carbohydrates</b>	<b>71</b>	<b>Total Carbohydrates</b>	<b>93</b>	
Pulled Pork on Hamburger Bun	9	Beef Pepper Patty w/Brown Gravy	10	Beef Bites (4) w/Sweet n Sour Dip	11	Italian Wedding Soup w/Crackers	12	Fish Sandwich	13	
Malibu Veg Blend	45	Mashed Potatoes	5	Sweet Potatoes	20	Baked Potato w/Sour Cream	25	Red Skin Potatoes	30	
Sweet Corn	5	Peas & Carrots	20	Veg Blend	30	Dill Crinkle Carrots	30	Scandinavian Veg Blend	20	
Fresh Fruit	10	Diced Pears	5	Pineapples & Oranges	5	Pears & Strawberries	10	Fresh Fruit	5	
Milk	15	Dinner Roll	15	Dinner Roll	15	Milk	15	Dinner Roll	15	
		Milk	11	Milk	11	Milk	11	Milk	11	
		Cookie	15					Sorbet	10	
<b>Total Carbohydrates</b>	<b>86</b>	<b>Total Carbohydrates</b>	<b>86</b>	<b>Total Carbohydrates</b>	<b>81</b>	<b>Total Carbohydrates</b>	<b>91</b>	<b>Total Carbohydrates</b>	<b>106</b>	
Sloppy Joes on Hamburger Bun	16	<b>Meal Sites Closed Staff Training</b>	17	Swedish Meatballs over Rice (6)	18	Scalloped Potatoes & Turkey Ham	19	Chicken & Broccoli Rice Casserole	20	
Au Gratin Potatoes	30		Broccoli	20	Green Beans	30	Sugar Snap Peas	30		5
California Blend Veggies	15		Mixed Veggies	15	Hot Spiced Apples	20	Zucchini & Tomatoes	20		10
Fresh Fruit	15		Fresh Fruit	15	Dinner Roll	15	Apricots	15		15
Milk	11		Dinner Roll	15	Milk	15	Dinner Roll	15		15
		Milk	11			Milk	11		11	
<b>Total Carbohydrates</b>	<b>86</b>			<b>Total Carbohydrates</b>	<b>91</b>	<b>Total Carbohydrates</b>	<b>71</b>	<b>Total Carbohydrates</b>	<b>101</b>	
Chicken Breast Fillet	23	Cheesy Shells w/ Chicken & Peas	24	Sweet & Sour Chicken over Rice	25	Pepper Steak over Brown Rice	26	Pulled Turkey & Gravy	27	
Red Skin Potatoes	15	Stewed Tomatoes	30	Far East Veggie Blend	40	Yellow Squash	35	Mashed Potatoes	9	
Mixed Veggies	15	Broccoli	5	Sweet Potato Cubes	7	Hot Spiced Peaches	20	Winter Veggie Blend	15	
Fresh Fruit	5	Tropical Fruit	10	Pineapples & Oranges	20	Dinner Roll	20	Fresh Fruit	5	
Dinner Roll	15	Blueberry Muffin	15	Dinner Roll	15	Milk	15	Dinner Roll	15	
Milk	11	Milk	15	Milk	15	Milk	11	Milk	15	
		Birthday Dessert	11					Cookie	11	
<b>Total Carbohydrates</b>	<b>76</b>	<b>Total Carbohydrates</b>	<b>86</b>	<b>Total Carbohydrates</b>	<b>108</b>	<b>Total Carbohydrates</b>	<b>86</b>	<b>Total Carbohydrates</b>	<b>85</b>	
Beef Ravioli	30			<b>DINNER DANCE: Luau 4/12/2018 Dinner served 5 PM - 5:30 PM Music from The "Jump Start" 6 - 9 Reservations (for Dance Only) 788-4364</b>	<u>Menu</u> Seafood Alfredo Caribbean Blend Veggies Garden Salad Tropical Fruit & Dinner Roll Milk Dessert: Key Lime Pie					
Mixed Veggies	40									
Broccoli	5									
Fresh Fruit	5									
Dinner roll	15									
Milk	15									
<b>Total Carbohydrates</b>	<b>91</b>					<b>Total Carbohydrates</b>				

Menus approved by:





\* Substitutions by kitchen staff may be made if needed

122 Starr Rd, Spring Arbor, MI  
 517-750-1010  
 M-F, 9:45am-1:45pm, Meal at noon  
 Shimone Glaspie Senior Center Specialist

# Spring Arbor Senior Center—The Gathering Place

## APRIL 2018



Su	Mon	Tue	Wed	Thu	Fri	Sa
1 10:15-11:15 Video Aerobics 10-12 Carving	2 No Yoga today	3 No Yoga today	4 <b>Birthday Party today</b> 10-12 Knit/Crochet 10:15-11:15 Video Aerobics	5 10:30-11:30 Line Dance/ Advanced Beginner	6 10:15-11:15 Video Aerobics	7
8 10-12 Carving 10:15-11:15 <u>Fit After 50</u> 12:00 Ice Cream Sundaes with lunch 	9 10-11 Yoga	10 10-11 Yoga	11 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u> <b>1-2 Advisory Board</b> 12:45-1:45 Penny Bingo	12 10:30-11:30 Line Dance/ Advanced Beginner	13 10-12 Acrylic Painting 10:15-11:15 <u>Fit After 50</u>	14
15 10-12 Carving 10:15-11:15 <u>Fit After 50</u>	16 <b>All Meal Sites Closed</b> <b>Staff Training</b> 	17 <b>All Meal Sites Closed</b> <b>Staff Training</b> 	18 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u> <b>Game Day: 11:30-1:45</b> Table games & cards before and after lunch	19 10:30-11:30 Line Dance/ Advanced Beginner	20 10:15-11:15 <u>Fit After 50</u> 12:30-1:30 Uncle Carl's Dulcimers 	21
22 10-12 Carving 10:15-11:15 <u>Fit After 50</u>	23 10-11 Yoga	24 10-11 Yoga	25 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u>  12:45-1:45 Penny Bin- go	26 10:30-11:30 Line Dance/ Advanced Beginner	27 10-12 Acrylic Painting 10:15-11:15 <u>Fit After 50</u>	28
29 10-12 Carving 10:15-11:15 <u>Fit After 50</u>	30					