JUNE

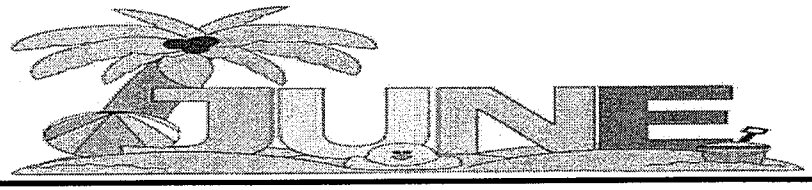
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Amasa Senior Center 906-822-7284						1 Home Delivered Meal Questions Call 774-2256 Christine Ext 235 Stephen Ext. 230
2 *Funds for these meals made available by program income, local millage ,OSA, and the Area on Aging*	3	4 Chicken Mashed Potatoes Brussel Sprouts Carrot Coins Fruit/Dessert	5 Sloppy Joes Baked Beans' Cucumber/ Onion Salad Fruit/Dessert	6 Pasties Mixed Veggies Coleslaw Fruit/ Dessert	7	8
9	10	11 Pepper Steak Noodles Broccoli Lettuce Salad Fruit/Dessert	12 Meatloaf Baked Potato Corn Coleslaw Fruit/Dessert	13 Lasagna Wax Beans Lettuce Salad Garlic Bread Fruit/Dessert	14	15
16	17	18 Ham Potato Salad Corn Relish Fruit/Dessert	19 Chicken Cacciatore/Noodles Peas Lettuce Salad Fruit/Dessert	20 BBQ Pork/Bun Baked Beans Cucumber/Onion Salad Fruit/Dessert	21	22
23	24	25 Beef Roast Mashed Potatoes Carrots Broccoli/ cauliflower Salad Fruit/Dessert	26 Sausage/Kraut Mashed Potatoes Corn Sliced Tomatoes Fruit/ Dessert	27 Spaghetti Green Beans Lettice Salad Garlic Bread Fruit/ Dessert	28	29
30						

JUNE 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breen Senior Center 906-774-5110						1 *Home Delivered Meal Questions 774-2256 Christine Ext 235 Stephen Ext. 230*
2 *Funds for these meals made available by program income, local millage ,OSA, and Area on Aging*	3 Pork Chops Twice Baked Potatoes Mixed Veggies	4 Baked Ham Sweet Potatoes Wax Beans	5 Cheeseburger Fried Potatoes Mixed Veggies	**6 NIGHT MEAL** Lasagna Garlic Toast Peas	7 Baked Fish Or Chicken Browned Potatoes Brussels Sprouts	8
9	10 Liver or Sausage Baked Potatoes Carrots	11 Salisbury Steak Mashed potatoes Gravy Broccoli	12 Chicken Stir Fry/Rice Oriental Blend Veggies	13 Beef Stroganoff Buttered Noodles Corn	14 Baked Fish Or Brat Potato Wedges Mixed Veggies	15
16	17 Ham Scalloped Potatoes Green Beans	18 Scrambled Eggs Bacon or Sausage French Toast Fried Potatoes	19 Burritos Refried Beans Rice	**20 NIGHT MEAL** Roast Beef Mashed Potatoes Gravy Corn	21 Baked Fish Or Cheeseburger Cream Peas Parsley Potatoes	22
23	24 Baked Chicken Mashed Potatoes & gravy Stuffing Mixed Veggies	25 Smoked Sausage Sauerkraut Carrots	26 Spaghetti Meat Sauce Green Beans Garlic Bread	27 Meatloaf Mashed Potatoes Gravy Corn	28 Baked Fish Or Sloppy Joe Fried Potatoes Baked Beans	29

June 2019
Iron River Senior Center
906-265-6134

Sun	Mon	Tue	Wed	Thu	Fri	Sat
M T W LUNCH **11:30-12:30** **THURSDAY** **3:30 SOUP** **4:00 SALAD** **4:30 DINNER**	**HOME DELIVERED MEAL QUESTIONS** **906-774-2256** **CHRISTINE EXT 235** **STEPHEN EXT 230**	**TRANSPORTATION RIDES** **906-282-0492** **M T W TH** **8:30-3:30**		**MENU SUBJECT TO CHANGE**		1
2	3 Sloppy Joe Mac & Cheese Peas Fruit/Milk	4 Chicken Alfredo Noodles Broccoli Fruit/Milk	5 Chef Salad Hard Boiled Egg Fruit/Milk	6 Spaghetti/ Meatballs Italian Veg Breadsticks Fruit/Milk	7	8 **DANCE** **6-9** **$6.00**
9	10 Tuna Noodle Casserole Mix Veg Fruit/Milk	11 Turkey Wrap Cottage Cheese Chips Fruit/Milk	12 Chicken Breast Sandwich Spaghetti Salad Fruit/Milk	13 Pork Chops Mashed Pot/ Gravy Corn Fruit/Milk	14	15 **PANCAKE BREAKFAST** **8:00-11:00** **$5.00**
16	17 Beef Burrito Rice Mexicorn Fruit/Milk	18 Seafood Salad Slice Tomato Hard Boiled Egg Fruit/Milk	19 Philly Steak Sandwich Chips Coleslaw Fruit/Milk	20 Parm Chicken Noodles Cauliflower Garlic bread Fruit/Milk	21	22
23/ 30	24 Smoked Sausage Sauerkraut Mashed Pot Fruit/Milk	25 Meat Ravioli Wax Beans Breadsticks Fruit/Milk	26 Fish Ch. Hashbrowns Peas Fruit/Milk	27 Meatloaf Baby Red Pot. Mixed veg Fruit/Milk	28	29



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Felch **Senior Center** **906-246-3559**						1 Home Delivered Meal Questions Call 774-2256 Christine Ext 235 Stephen Ext. 230
2 *Funds for these meals made available by program income, local millage ,OSA, and the Area on Aging*	3 Cod or Polish Coleslaw Noodles Roll	4 BBQ Beef Coleslaw Chips Baked Beans Pineapple	5 Pork Roast w/Gravy Mashed Potatoes Green Beans Tropical Fruit	6	7	**8**
9	10 Spaghetti Meat Sauce Green Beans Salad Applesauce	11 Ham Baked Potato Baked Beans Dinner Roll Pears	12 Turkey Dressing Potato Wedge Peas Applesauce	13	14	**15**
16	17 Philly Cheese Steak Sandwich Coleslaw Chips Tropical Fruit	18 Chicken Nuggets Potato Wedge Peas & Carrots Yogurt	19 Steak Bits w/ Mushrooms Onions Broccoli Baked Potato Coleslaw Watermelon	20	21	**22**
23	24 Baked Chicken Mashed Potatoes Baked Beans Apple Bread	25 Sloppy Joe Baked Beans Yogurt Apple Juice	26 Raviolis Garlic Bread Peas & Carrots Apple Roll	27	28	29

JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Iron Mountain Senior Center						1 Home Delivered Meal Questions Call 774-2256 Christine Ext 235 Stephen Ext. 230
2 *Funds for these meals made available by program income, local millage ,OSA, and the Area on Aging*	3 Baked Chicken Mashed Potato Gravy Corn Tropical Fruit	4 Sweet & Sour Meatballs Rice Oriental Veggies Mandarin Oranges	5 Cheese Ravioli Garlic Bread Green Beans Apple	6 French Toast Stick Scramble Eggs Sausage Yogurt/ Oranges	7 Tuna Salad Carrot Salad Bun Pear	8
9	10 Cabbage Rolls Dinner Roll Peas & Carrots Apple	11 Taco Salad w/ Sour cream Salsa Applesauce	12 Pork Chop Mashed Potato Gravy Mixed Veggies Kiwi	13 Cream of Vegetable Soup Roll Pear	14 Ham & Cheese Sandwich Potato chips Coleslaw Peaches	15
16	17 Chicken Alfredo Breadsticks Broccoli Apple	18 BBQ Pork Tater Tots Applesauce Corn	19 Beef Roast Mashed Potatoes Carrots Kiwi	20 Egg Omelet Sausage Hash Brown Yogurt Orange	21 Turkey & Swiss Sandwich Chips Banana Side Salad	22
23	24 Cheeseburger Potato Wedges Peas & Carrots Oranges	25 Pasta Meat Sauce Green Beans Peaches Garlic Bread	26 Chicken Noodle Salad Roll Kiwi	27 Sloppy Joe Tater Tots California Blend Veggies Banana	28 Chicken Salad Sandwich Carrot Salad Applesauce	29
30						

Sagola June Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Information/ Questions regarding Home Delivered Meals call Christine @ 906-774-2256 ext 235 or Stephen @ ext 230		4th Stuffed pepper casserole Corn Pears	5th Pork Chops Mashed potato Gravy Carrots Tropical fruit	6th Baked chicken Baked potato Peas Mandarin oranges		
		11th Polish sausage Sauerkraut Baked beans Applesauce	12th Beef roast Mashed potato Gravy Brussels sprouts Peaches	13th Chicken Parmesan Garlic bread Green Beans Apricots		
		18th Ham & Cheese sandwiches Beef Barley soup Pears	19th Beef stew Biscuits Carrots Mandarin oranges	20th Swedish meatballs Mashed potato Peas Tropical fruit		
		25th Cheese ravioli Meat sauce Broccoli Mixed fruit	26th Egg bake Sausages Blueberry pancakes Mixed fruit	27th Hot dogs, Brats, burgers, baked beans, potato salad, banana		