July 2020 IMSC Menu

	Mon	Tue	Wed	Thu	Fri
Home delivered meal questions call 906-774 -2256 ext 235 or 230			1 Cheese omelet Oatmeal Spiced peaches	2 Smothered pork chops Mashed potatoes Carrots	3 chicken sandwich w/ cheese chips baked beans
All meals are served with skim milk. Juice may be substituted at client's request.	6 Spaghetti Italian sausage Corn Bread stick	7 Chef salad Pudding	8 Cheeseburger Tater tots Peas and carrots	9 Cabbage rolls Stewed tomatoes Biscuit	10 BBQ pork sandwich Potato wedges Broccoli
*Meals are subject to change without notification.	13 Chicken stuffing sandwich Peas Applesauce	14 Polish sausage Sauerkraut Noodles Green beans	15 Creamy garlic chicken Mashed potatoes Corn	16 Italian soup Carrot salad Dinner roll	17 Ham & Cheese Pea salad Chips
Funds for these meals available by program income, local mileage, OSA and the Area Agency on Aging.	20 Smothered chicken Mashed potatoes Mixed vegetables	21 French toast Sausage Spiced pears	22 Salisbury steak Rice Cauliflower	23 Chicken pot pie Biscuit Applesauce	24 turkey chili Cornbread Pudding
	27 Swedish Meatballs, noodles, broccoli	28 Au gratin potatoes w/ham Cauliflower Dinner roll	29 BBQ Chicken pasta Green beans Spiced peaches	30 Beef stew Biscuit	31 Tuna salad sandwich Coleslaw String cheese

Sagola July Menu

Tue	Wed	Thu
June 30 Sloppy Joe / bun Potato wedges 3 bean salad Peaches	July 1 Polish sausage Sauerkraut Baked potatoes Mixed veggies Applesauce	2 Chicken casserole Carrots Tropical fruit
7 Chicken Fried steak Gravy Noodles Peas Pears	8 Baked fish Brussels sprouts Rice pilaf Pineapple	9 Baked Chicken Stuffing Mashed potatoes Gravy Mixed veggies Apple
14 Stuffed shells Green beans Garlic bread Apricots	15 Philly Steak & cheese sandwich Pea salad Chips Banana	16 Chicken Stir Fry Rice Carrots Mandarin oranges
21 Chicken pot pie Biscuit Broccoli Tropical fruit	22 Taco bake Mac & cheese Peas Applesauce	23 BBQ Beef Twice baked potato casserole Mixed veggies Peaches
28 Chicken Cordon Blue Mashed potatoes Peas Pears	29 Biscuits and sausage gravy Hash browns Apple slices	30 Hamburgers Potato wedges Baked beans Apricots

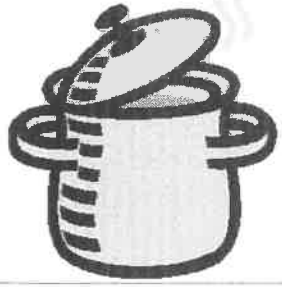
July 2020-Breen Center Menu

Funds for these meals available by program income, local mileage, OSA and the Area Agency on Aging

Breen Senior Center

906-774-5110
244 Parkway, Kingsford

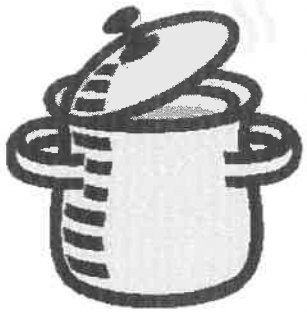
Menu Subject to change. For questions about meals call 906-774-2256 ext 230 or ext 235.



Mon	Tue	Wed	Thu	Fri
		1 Ham Scalloped Potatoes Corn	2 Beef stroganoff Noodles Peas	
6 Spaghetti Meat sauce Green beans Garlic bread	7 Chicken Alfredo California blend vegetables	8 Hot Pork Sandwich Mashed potatoes Gravy Broccoli	9 Chili Dogs Mac and cheese Baked beans	
13 Meatloaf Mashed potatoes Gravy Brussels sprouts	14 Chicken pot pie	15 Salmon Fried potatoes Baked beans	16 Philly cheese steak casserole Carrots	
20 Chicken stir fry Oriental vegetable blend Rice	21 Smoked sausage Fried potatoes Baked beans	22 Baked chicken Mashed potatoes Gravy Stuffing Green beans	23 Scrambled eggs Potatoes, bacon or sausage , biscuits and gravy	
27 Smothered chicken Baked potato Mixed vegetables	28 Salisbury steak Mashed potatoes Gravy Green beans	29 Liver or Sausage Potatoes Carrots	30 Pork Chops Mashed potatoes Gravy Green beans Cornbread	

Felch-July 2020

Mon	Tue	Wed	Thu
		1 Polish Sausage Sauerkraut Mashed potatoes Peas	*Milk/Juice offered daily with meal.*
6 Chicken & Rice casserole Carrots Dinner Roll	7 Sloppy joe Green beans chips	8 Meatloaf Mashed potatoes Gravy California blend vegetables	
13 Blueberry French toast Bake Sausage Hard boiled egg	14 Ham Mashed potatoes Corn	15 Stir fry Bread Salad	*Funds for tmeals available by program income, local mileage, OSA & Area Agency on Aging*
20 Ham Mac & Cheese Peas	21 Stuffed Shells Garlic Bread California Blend vegetables	22 Swedish Meatballs Mashed Potatoes Carrots	
28 Salisbury steak Broccoli Garlic Pasta	29 Pork Chops Fried Cabbage Seasoned potatoes	30 Cheesy Brat Stew Green Beans Corn Bread	*For questions about meals call 906-774-2256 ext 230 or 235.*



Iron River Senior Center– July 2020

Iron River Senior Center

Meals are served with 8oz skim milk or fruit juice. Serving of fruit is also included with meal.

Funds for these meals available by program income, local mileage, OSA and the Area Agency on Aging .

Mon	Tue	Wed	Thu	Fri
		1 Tuna Noodle casserole Salad Hard boiled egg Tomato slice	2 Hot Dog Potato salad Calico beans	
6 Biscuits & Gravy Peas	7 Spaghetti Meatballs Cauliflower Rolls	8 Smoked sausage Sauerkraut Mashed potatoes Gravy	9 Lasagna Cauliflower Garlic bread	***Transportation rides*** ***906-282-0492*** ***M T W TH*** ***8:30-3:30***
13 Fish Mac & cheese Mixed vegetables	14 Chili Corn bread	15 Chef Salad Hard boiled egg	16 Parmesan chicken Noodles Green beans Breadstick	***Home Delivered meal questions? Call :*** ***906-774-2256 ext 230 or 235***
20 Taco salad Cottage cheese	21 Salisbury steak Cheesy hash browns Carrots	22 Turkey wrap Chips	23 Scalloped potatoes Ham , corn , roll	
27 Cabbage rolls Waxed beans Garlic bread	28 Philly casserole Carrots Roll	29 Sub sandwich Pasta salad	30 Chicken Alfredo Noodles Italian veggies Breadstick	