



NOVEMBER 2018 CONG. MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1/ BBQ CHICKEN/WG ROLLS SW.MASH POTATOES BRUSSEL SPROUTS GS APPLE/MILK	2/ CLOSED NO LUNCH SERVED
5/ HAMBURGER/WG BUN CHEESE/REDSKIN POT NORMANDY BLEND ORANGE/MILK	6/ ITALIAN CHICKEN/BREAD STEWED TOMATOES YELLOW SQUASH TROPICAL FRUIT/MILK	7/ NO LUNCH SERVED	8/ MEATLOAF/WG BREAD MASHED POTATOES MIXED VEGGIES PLUMS/MILK	9/ TUNA SALAD/WG BREAD PEA SALAD/BEETS APPLE MILK
12/ HAM/CHEESE/WG BUN BROCCOLI SLAW AMERICAN POT SALAD BANANA/MILK	13/ MAC & CHEESE/WG ROLL PEAS & ONIONS CARROTS/PEAR MILK	14/ NO LUNCH SERVED	15/ FISH PATTY/WG BUN GREEN BEANS COLESLAW/SPICE APPLES MILK	16/ GOULASH/WG ROLL WAX BEANS/CAPRI VEG FRUIT COCKTAIL MILK
19/ SPAGHETTI W/MEATBALLS WG BREADSTICK/SPINACH ITALIAN VEGGIES PINEAPPLE/MILK	20/ CHICKEN W/GRAVY STUFFING/GREEN BEANS CORN/WG DINNER ROLL MILK (PUMPKIN PIE)	21/ NO LUNCH SERVED	22/ CLOSED HOLIDAY	23/ CLOSED NO LUNCH SERVED
26/ TURKEY/CHEESE/BREAD CHERRY TOMATOES REDSKIN POTATO SALAD PEAR/MILK	27/ ITALIAN SAUSAGE W/BUN PEPPER & ONION BLEND CARROTS STRAWBERRIES/MILK	28/ NO LUNCH SERVED	29/ BBQ MEATBALLS/BREAD LIMA BEANS CARRIBEAN VEG/MILK MANADARIN ORANGE	30/ TUNA NOODLE/WG ROLL MALIBU VEGGIES PEAS & CARROTS MELON/MILK

All meals are served with 1% milk and margarine unless otherwise noted. For more information call (517) 279-8249 or 1-877-422-2726 or visit our website at www.caasc.org **Funded by Area Agency on Aging Region 3B and III-C, Calhoun County Senior Millage, United Way of Greater Battle Creek, Branch County Community Foundation, Branch County United Way, and your generous donations. In accordance with Federal law (Civil Rights Act of 1964) and U.S. Department of Agriculture policy: This institution is prohibited from discriminating on the basis of race, color, religion, national origin, age, sex, sexual orientation, weight, height, marital status, political beliefs or disability. To file a complaint of discrimination, contact: Area Agency on Aging Region 3B, Michigan Offices of Services to the Aging, US Department of Health and Human Services, Michigan Department of Civil Rights, or write USDA, Director, Office of Civil Rights, 1400 Independence Ave S.W., Washington, D.C. 20250-941 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY).

*****MENU SUBJECT TO CHANGE*****

TURKEY

Nutrition Facts

Serving Size: 3 oz

Amount Per Serving

Calories from Fat 22

Calories 101

	% Daily Values*
Total Fat 2.43g	4%
Saturated Fat 0.808g	4%
Polyunsaturated Fat 0.706g	
Monounsaturated Fat 0.519g	
Cholesterol 55mg	18%
Sodium 60mg	2%
Potassium 252mg	
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18.52g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 7%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Turkey Stuffing

Ingredients

- 1 1/2 pounds ground sage pork sausage
- 4 onions, chopped
- 2 stalks celery, chopped
- 6 cups crumbled cornbread
- 6 cups cubed soft white bread
- 1 cup chicken broth
- 2 eggs, lightly beaten
- 2 teaspoons poultry seasoning
- 1 teaspoon steak sauce
- 1 tablespoon salt

Directions

Place the sausage in a skillet over medium heat. Cook, breaking sausage apart with a fork, until evenly brown. Set aside, reserving pan drippings.
Mix onions and celery into skillet, and cook in the pan drippings until browned. Drain remaining drippings.

In a large bowl, toss together the sausage, onions and celery,