

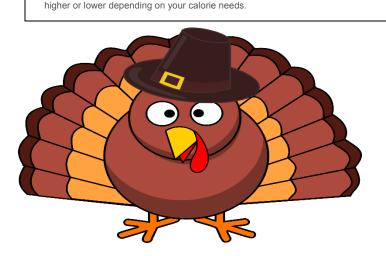
NOVEMBER 2018 CONG. MENU

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

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 0.519a Cholesterol 55mg 18% Sodium 60mg 2% Potassium 252mg 0% Total Carbohydrate 0g 0% Dietary Fiber 0g Sugars 0g Protein 18.52g Vitamin C 0% Vitamin A 0% Calcium 1% Iron 7% * Percent Daily Values are based on a 2000 calorie diet. Your daily values may be



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,