



NOVEMBER 2017 CONG. MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1/ NO LUNCH SERVED	2/ ITALIAN SAUSAGE/WG BUN PEPPERS & ONIONS MIX VEGGIES/PEARS/MILK	3/ NO LUNCH SERED
6/ TUNA SALAD/WG BREAD SLICED CUCUMBERS/BEETS APPLE/MILK	7/ ITALIAN CHICKEN/WG BREAD STEW TOMATO/SQUASH TROPICAL FRUIT/MILK	8/ NO LUNCH SERVED	9/ HAMBURGER/CHEESE/BUN REDSKIN POTATO/ORANGE NORMANDY BLEND/MILK	10/ MEATLOAF/MASH POT. MIXED VEGGIES/ WG BREAD PLUMS/MILK
13/ HAM/CHEESE/WG BUN BROCCOLI SALAD/POT. SALAD FRUIT COCKTAIL/MILK	14/ GOULASH/WG DINNER ROLL WAX BEANS/SNAP PEAS BANANA/MILK	15/ NO LUNCH SERVED	16/ FISH/WG BUN /COLESLAW GREEN BEANS/SPICED PEACHES MILK	17/ MAC & CHEESE/CARROTS PEAS & ONIONS/WG ROLL PEAR/MILK
20/ CHICKEN SALAD W/BUN CHERRY TOMATOES CUCUMBER SALAD/PEAR MILK	21/ BBQ MEATBALLS/LIMA BEANS VEGGIE BLEND/WG BREAD MAND. ORANGES/MILK	22/ NO LUNCH SERVED	23/ NO LUNCH SERVED	24/ NO LUNCH SERVED
27/ ROAST BEEF/CHEESE/SUB BUN 3 BEAN SALAD/CARROT SALAD BANANA/MILK	28/ SAUSAGE GRAVY/BISCUIT VEG.BLEND/CARROTS MIXED BERRIES/MILK	29/ NO LUNCH SERVED	30/ SLOPPY JOE/WG BUN GREEN BEANS/ORANGE REDSKIN POTATOES/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	

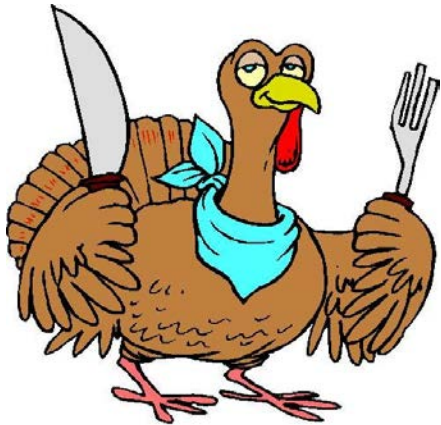
Vitamin A 0%

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, cornbread, white bread, broth, and eggs. Mix in poultry seasoning, steak sauce, and