



OCTOBER 2015 CONGREGATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1/ CHEESEBURGER W/BUN CUCUMBER SALAD/ BAKED BEANS/ MANGO MILK	2/ CHICKEN PATTY W/BUN BEETS/BROCCOLI FRESH APPLE/MILK
5/ SLOPPY JOE W/BUN GREEN BEANS/BABY BAKERS PLUMS MILK	6/ TUNA SALAD W/CROISSANT COLESLAW/ BROCC. SALAD APPLESAUCE MILK	7/	8/ MAC & CHEESE (HOMEMADE) BREAD/GREEN BEANS CARROTS/ARPICOTS MILK	9/ GOULASH (HOMEMADE) WG DINNER ROLL/SNAP PEAS MALIBU VEGG/STRAWBERRY MILK
12/ SWEDISH MEATBALLS W/RICE KEY WEST VEGGIES/BREAD BRUSSEL SPROUTS/ORANGE MILK	13/ TURKEY STEW (HOMEMADE) BISCUIT/ BROCCOLI FRUIT MIX MILK	14/	15/ CHILI (HOMEMADE) WW CRACKERS/LIMA BEANS HOT SPICED APPLES MILK	16/ BBQ PORK W/BUN NORMANDY BLEND VEGGIES BAKED BEANS/MANGO MILK
19/ CHICKEN LASAGNA BROCCOLI/CARROTS WW BREADSTICK APPLESAUCE MILK	20/ HAM STEAK W/PINEAPPLE SWEET MASH POTATOES BRUSSEL SPROUTS/ROLL STRAWBERRIES MILK	21/	22/ TACO MEAT/TORTILLA REFRIED BEANS/FIESTA CORN SOUR CREAM/SALSA CHEESE/ORANGE MILK	23/ CHICKEN SALAD/CROISSANT COLE SLAW CUCUMBER SALAD PEACHES MILK
26/ CHEESEBURGERS W/BUN REDSKIN POTATOES NORMANDY BLEND ORANGE MILK	27/ SPAGHETTI W/MEATBALLS SPINACH/ITALIAN VEGGIES WW BREADSTICK PINEAPPLE MILK	28/	29/ EGG SALAD W/BREAD POTATO SALAD BABY CARROTS W/RANCH FRESH PEAR MILK	30/ ITALIAN CHICKEN/BREAD STEWED TOMATOES SQUASH TROPICAL FRUIT 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).