



NOVEMBER HDM 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/ CHICKEN SALAD/BUN/BEETS BROCCOLI SALAD/GRAPES MILK	2/ SALISBURY STEAK/WG ROLL MASHED POTATOES VEG BLEND/APRICOTS/MILK	3/ REHEAT FROZEN TO 165°	4/ HAMBURGER/CHEESE/BUN MIXED VEGGIE/CUBE POT BERRIES/MILK	5/ REHEAT FROZEN TO 165°
8/ DELI MEAT/CHEESE/BREAD CUCUMBER SALAD/TOMATO PEAR/MILK	9/ MAC & CHEESE/CARROTS PEAS W/ONIONS/WG ROLL MELON/MILK	10/ REHEAT FROZEN TO 165°	11/ BACON/EGG CASS/MUFFIN CAL.VEG/SPICED PEACHES MILK	12/ REHEAT FROZEN TO 165°
15/ CHILI/WG CORNBREAD KEY WEST VEG/SPIC APPLES MILK	16/ HAM SALAD/WG BREAD CUCUMBERS/POTATO SALAD KIWI/MILK	17/ REHEAT FROZEN TO 165°	18/ SWEDISH MEATBALLS NOODLES/WG ROLL WAX BEANS/CARROTS GRAPES/MILK	19/ REHEAT FROZEN TO 165°
22/ SLOPPY JOE/WG BUN GREEN BEANS/BABY BAKERS ORANGE/MILK	23/ CHICKEN W/STUFFING/PEAS MASHED POTATOES/APPLE MILK----DESERT	24/ REHEAT FROZEN TO 165°	25/ HOLIDAY-CLOSED REHEAT FROZEN TO 165°	26/ REHEAT FROZEN TO 165°
29/ CHICKEN PATTY/WG BUN BRUSSEL SPROUTS/ORANGE NORMANDY VEG/MILK	30/ SPAGHETTI W/SAUCE MEATBALLS/WG BREADSTICK SALAD/SPINACH SPICED PEARS/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).

*******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 salt. Stuff turkey just before cooking.