

MILAN SENIORS FOR HEALTHY LIVING SENIOR NUTRITION PROGRAM: Meals provided by Washtenaw County Senior Nutrition Program are served Monday through Friday.

MILAN SENIORS FOR HEALTHY LIVING - AUGUST 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		SPAGHETTI W/ MEAT SAUC	TUNA SALAD	CHICKEN STRIPS
		BRUSSELS SPROUTS	COLESLAW	IN TERIYAKI SAUCE
		TOSSED SALAD	RANCH HOUSE TOMATOES	RICE
		WHOLE GRAIN ROLL	WHOLE GRAIN CIABATTA	BROCCOLI/SLICED CARROT
		PINEAPPLE	HONEYDEW MELON	CANTALOUPE
		518 mg Sodium	869 mg Sodium	918 mg Sodium
6	7	8	9	10
BEEF W/ MUSHROOM GRAV	CHICKEN SALAD	HAMBURGER PATTY W/	SLICED TURKEY BREAST	CHICKEN MARSALA
WHIPPED POTATOES	COLESLAW	LETTUCE AND TOMATO	OVEN ROASTED POTATOES	AU GRATIN ROTINI
GREEN PEA	ITALIAN TOMATOES	RANCH BEANS	GREEN BEANS	SPINACH
TOSSED SALAD	CIABATTA ROLL	CALI. VEGATABLE BLEND	BROCCOLI SALAD	BEET SALAD
FRESH CANTALOUPE	FRESH PINEAPPLE	FRESH HONEYDEW MELON	MANDARIN ORANGES	FRESH APPLE SLICES
876 mg Sodium	708 mg Sodium	679 mg Sodium	575 mg Sodium	954 mg Sodium
13	14	15	16	17
BAKED CHICKEN BREAST	POTATO CRUSTED FISH	TACO	BBQ RIB PATTY	MEATLOAF
AU GRATIN POTATOES	CONFETTI RICE	FRESH PINEAPPLE	BLACK-EYED PEAS	WHIPPED POTATOES
TOSSED SALAD	DICED BEETS	CORN TORTILLA	SPINACH	PEAS AND CARROTS
BRUSSELS SPROUTS	TOSSED SALAD	FIESTA VEGETABLE BLEND	FRESH APPLE SLICES	FRESH CANTALOUPE
FRESH ORANGE	FRESH HONEYDEW MELON	MIXED BEANS		TOSSED SALAD
790 mg Sodium	743 mg Sodium	744 mg Sodium	966 mg Sodium	901 mg Sodium
20	21	22	23	24
SWEDISH MEATBALLS	SRIRACHA TUNA SALAD	SALISBURY BEEF W/GRAVY	PORK ROAST W/ AU JUS	HONEY MUSTARD CHICKEN
ROTINI NOODLES	RANCH HOUSE TOMATOES	WHIPPED POTATOES	WHIPPED SWEET POTATOE	CONFETTI RICE
YELLOW SQUASH	BROCCOLI SALAD	MIXED VEGETABLES	MIXED GREENS	BROCCOLI
SLICED CARROTS	CIABATTA ROLL	FRESH CANTALOUPE	CORNBREAD	TOSSED SALAD
FRESH PINEAPPLE	PETITE BANANA	TOSSED SALAD	TOSSED SALAD/APPLE SLIC	PEACH HALF
911 mg Sodium	918 mg Sodium	757 mg Sodium	575 mg Sodium	406 mg Sodium
27	28	29	30	31
SWISS STEAK	SLICED TURKEY BREAST	BAKED CHICKEN BREAST	POTATO CRUSTED FISH	POLISH SAUSAGE
OVEN ROASTED POTATOES	CORNBREAD STUFFING	IN CREOLE SAUCE	HASHBROWN CASSEROLE	CRISPY CUBED POTATOES
DICED BEETS	GREEN BEANS	WHOLE KERNEL CORN	BROCCOLI SALAD	COLESLAW
TOSSED SALAD	TOSSED SALAD	SPINACH	COLESLAW	CHERRY COBBLER
FRESH PINEAPPLE	PETITE BANANA	TOSSED SALAD	FRESH CANTALOUPE	
749 mg Sodium	766 mg Sodium	611 mg Sodium	853 mg Sodium	