

# Elder Meal Menu 2026



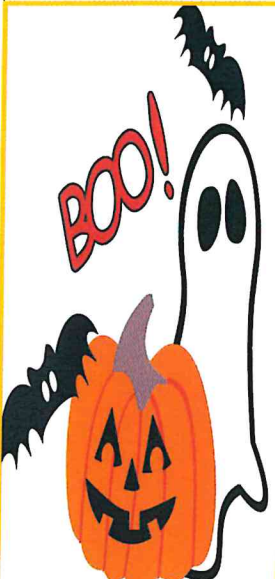
Little Changes That Can Make A BIG Difference!

1. Drink More Water and be active
2. Eat Breakfast
3. Watch Your Portion Sizes
4. Make Half Your Plate Fruits and Vegetables
5. Prepare Healthy Snacks
6. Read Your Food Labels



Meals served at 12 o'clock  
 \*\*No Charge to Elders, their Spouse and Handicap/  
 Disabled individuals who reside with Elder.  
 \*\*Guests Meals are \$6.00

Donations are appreciated and will be used  
 For activities and food.

| Sun                                                                                | Mon                                                                                                                                                                  | Tue                                                                                                 | Wed                                                                                                                                                              | Thu                                                                                                                     | Fri                                                                                                                                                                                    | Sat                                                                                                                                    |
|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
|    |                                                                                                                                                                      | Volunteers are needed<br>to help with meals<br>if interested please<br>contact Jenn<br>231-398-6886 |                                                                                                                                                                  | 01 Salisbury Steak w/<br>Gravy. Mashed<br>Potatoes. Corn<br>Casserole. Fruit                                            | 02 <b>Muskegon<br/>                     Meal !!<br/>                     11:30 am<br/>                     B.I.N.G.O</b>                                                               | 03 <b>Fall<br/>                     Membership<br/>                     Meeting<br/>                     @ LRRCR</b>                   |
| 04 Coffee, milk<br>and water are<br>available at<br>every meal.                    | 05 Chicken Sand-<br>wich on WG Bun<br>w/lettuce and<br>Tomato. Potato<br>Salad<br>Fruit Cocktail                                                                     | 06 Beef Stew with<br>WG Dinner<br>Roll<br>Lima Beans<br>Orange slices                               | 07 Chicken Alfredo<br>Pasta w/broccoli<br>Mixed Veggies<br>WG Garlic<br>Bread and Fruit                                                                          | 08 Butternut Squash<br>Soup.<br>Cheddar Biscuits.<br>Bean Salad.<br>Fruit 12:30 pm<br>Join Jenn for Root<br>Beer Floats | 09 9:30 am <b>Coffee<br/>                     Meet&amp;Greet<br/>                     Light Breakfast</b><br>Come meet Family<br>Services Leader<br>Janeen Gannon.<br>Get to know her! | 10 Looking to hire<br>part time cafete-<br>ria worker for<br>Elders Meal<br>Program. Con-<br>tact Human Re-<br>sources<br>231-398-6854 |
| <b>Questions?</b><br>Please contact<br>Jenn Carver @<br>231-398-2813               | 12 <b>Homemade<br/>                     Chili.<br/>                     Corn Bread<br/>                     Carrot and Pep-<br/>                     pers Strips</b> | 13 Grilled Chicken<br>Thighs w/gravy<br>Potatoes. Peas<br>and Butter<br>Beans.<br>Fruit             | 14 <b>October Birthday<br/>                     Celebration Lunch</b><br>Come Celebrate<br>with all Elders<br>having Birthdays in<br>October<br>Roast Pork Lunch | 15 Baked Fish<br>Broccoli Rice<br>Casserole.<br>Stewed Tomatoes<br>and Fruit                                            | 16 <b>Muskegon<br/>                     Meal !!<br/>                     11:30 am</b>                                                                                                  | 17                                                                                                                                     |
|  | 19 Stuffed<br>Green Pepper<br>Soup<br>Biscuits<br>Corn<br>Fruit                                                                                                      | 20 Ham &<br>Scalloped Potato<br>Casserole<br>Peas<br>Dinner Roll and<br>Dessert                     | 21 Pasta &<br>Meatballs<br>Mixed Veggies<br>Garlic Bread<br>Fruit                                                                                                | 22 Bratwursts on WG<br>Bun.<br>Sauerkraut<br>Baked Sweet<br>Potato<br>Dessert                                           | 23                                                                                                                                                                                     | 24                                                                                                                                     |
|                                                                                    | 26 Shrimp Stir Fry<br>Veggies<br>Rice<br>Fruit                                                                                                                       | 27 Chicken Corn<br>Chowder. Bread<br>Bowl. 1/2 Veggie<br>Sandwich<br>Fruit                          | 28 Beef Fajitas<br>Sauteed Peppers<br>&Onions.<br>Refried Beans.<br>Salsa & Sour<br>Cream                                                                        | 29 Hot Turkey/<br>Cheese/Ham<br>Sliders on Hawai-<br>ian Buns<br>Sauteed Cabbage<br>Dessert                             | 30 10 am AKI<br>B.I.N.G.O &<br>Lunch<br>Goooolash!<br>Peas & Pearled<br>Onions. Dinner Roll<br>Fruit                                                                                   | 31                                                |
|                                                                                    |                                                                                                                                                                      |                                                                                                     |                                                                                                                                                                  |                                                                                                                         | Menu subject to change<br>with out notice. Meals<br>meet 1/3 of the RDI<br>based on a 1600 to 2000<br>calorie diet.                                                                    |                                                                                                                                        |