

## G-O CAA SENIOR MEALS

Mill Street Garden - Bessemer

ELIGIBILITY - AGE 60 OR SPOUSE

DONATION \$3.75 (Breakfast Buffet \$5.00)

GUEST FEE \$6.25 (Breakfast Buffet \$7.50)

11:00 a.m TO 1:00 p.m. Mon. thru Thurs.

906 667-0283 ext 23

# NOVEMBER

# 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Blood Pressures</b> <i>by Regional Hospice</i> <b>3rd Tuesday 11-1</b>				1 Pork Roast Mashed Potatoes Key Largo Veg. Blend Applesauce	2 - <i>Hospice Sponsored</i> Veteran's Appreciation Breakfast Buffet 9:00 a.m. - Noon	3
4	5 Smothered Steak Mashed Potatoes Cream Corn Tropical Fruit	6 Chicken Pot Pie Broccoli Pumpkin Whip	7 Pulled Pork Sandwich Carrots Coleslaw Dessert	8 Swedish Meatballs Parslied Potatoes Pickled Beets Mandarin Oranges	9	10
11 	12 VETERAN'S DAY HOLIDAY CLOSED - NO MEALS	13 Chicken Alfredo Green Beans Salad Dessert	14 Meatloaf Mashed Potatoes Peas & Carrots Pears	15 Pasty Pie Coleslaw Fruit	16 BREAKFAST BUFFET 9:00 A.M. - NOON	17
18 Polenta & Italian Sausage Peas Tropical Fruit Salad	19 Turkey & Dressing Mashed Potatoes Corn, Cranberries Pumpkin Pie	20 <b>Blood Pressures 11-1</b>	21 Beef Stew Coleslaw Juice / Biscuit	22 	23 THANKSGIVING HOLIDAY CLOSED	24
25 BBQ on a Bun Oven Roasted Potato Coleslaw Dessert	26 Ham & Scalloped Potatoes Asparagus Applesauce	27 Chicken Cordon Bleu Potato Wedges Carrots Mixed Fruit	28 Veal Parmesan w/Spaghetti Wax Beans Pears	29	30	

Thank You for your continued support and renewal of senior millage!

Menu available online: [gocaa.org](http://gocaa.org)

Nutrition Education on back of menu!