



**2024 Congregate Menu: Grand Traverse County Revised 6/26/24**

	<p>2 Sliced Roast Beef w/Gravy Mashed Potatoes Carrots Fresh Fruit Bread &amp; Butter TC Senior Center No Meals Fife Lake July 4<sup>th</sup> Meal</p>	<p>3 <b>July 4<sup>th</sup> Meal</b> BBQ Pork w/Bun Baked Beans Summer Squash Fresh Fruit Dessert</p>	<p>4 <b>Closed for July 4<sup>th</sup></b> <b>4<sup>th</sup> OF JULY</b></p>	
	<p>9 Turkey Meatballs w/Pineapple Glaze Mashed Sweet Potatoes Fresh Vegetable Fruit Cup Bread &amp; Butter</p>	<p>10 Salisbury Steak Mashed Potatoes Fresh Vegetable Fruit Cup Bread &amp; Butter</p>	<p>11 Pesto Chicken w/Penne Pasta Beets Fresh Vegetable Fruit Cup Bread &amp; Butter</p>	
	<p>16 Beef w/Broccoli Vegetable Rice Pilaf Mixed Vegetables Fresh Fruit Bread &amp; Butter</p>	<p>17 Sweet &amp; Sour Chicken Cauliflower Zucchini Fresh Fruit Bread &amp; Butter</p>	<p>18 Baked Fish Seasoned Potato Wedges Carrots Fresh Fruit Bread &amp; Butter</p>	
	<p>23 Stuffed Cabbage Roll Scalloped Potatoes Fresh Vegetable Fruit Cup Bread &amp; Butter Fife Lake Birthday Cupcakes</p>	<p>24 Roast Chicken w/Gravy Butternut Squash Fresh Vegetable Fruit Cup Bread &amp; Butter TC Sr Ctr &amp; Kingsley Birthday Cupcakes</p>	<p>25 Swedish Meatballs Mashed Potatoes Fresh Vegetable Fruit Cup Bread &amp; Butter Interlochen Birthday Cupcakes</p>	
	<p>30 Apple Braised Pork Corn Mixed Peppers Fresh Fruit Bread &amp; Butter</p>	<p>31 Sloppy Joe w/Bun Seasoned Potato Wedges Mixed Vegetables Fresh Fruit</p>		

Milk is served with all meals. This menu is subject to change.

The Michigan Department of Aging & Adult Services provides the regulations regarding this menu.