

AMASA MARCH 2025

| | Tuesday | Wednesday | Thursday | |
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| <p>Amasa Center 906-822-7284</p> <p>DICSA 906-774-2256 *235</p> | <p>4 Pork Roast Mashed Potatoes & Gravy Veggie Dinner Roll</p> | <p>5 Crack Chicken Penne Veggie Dinner Roll</p> | <p>6 Chili Hard Roll Pudding</p> | <p><i>Meals are subject to change without notification. All meals are served with skim milk, or juice & fruit.</i></p> |
| <p>Take out meals 10:45-11:00</p> <p>Dine In 11:30</p> | <p>11 Pancakes Hashbrowns Applesauce Yogurt</p> | <p>12 Beef Stroganoff over Noodles Mixed Veggies Biscuit</p> | <p>13 Shredded BBQ Chicken on a Bun Sweet Potato w/ Butter Carrots</p> | <p><i>Meals are funded by program income, local millage, OSA & The Area Agency on Aging.</i></p> |
| | <p>18 Philly Cheese Sandwich w/ Ground Beef Baked Fries Veggie</p> | <p>19 Oven Fried Fish & Chips Baked Beans Tartar Sauce Veggie</p> | <p>20 Meatloaf Mashed Potatoes & Gravy Candied Carrots</p> |  |
| | <p>25 Baked Chicken Mashed Potatoes & Gravy Veggie Biscuit</p> | <p>26 Cheese Ravioli w/ Marinara Sauce Italian Veggies Garlic Bread</p> | <p>27 Mushroom Swiss Burger Oven Baked Fries Baked Beans</p> | |

Top 10 Polyphenols

Polyphenols come from plants, and they produce substances that benefit you and your gut bacteria. You can reduce your risk of disease and improve your gut bacteria balance by eating more polyphenol-rich foods like those shown below.



pomegranate



cranberries



dark chocolate
(70% or higher)



herbs & spices



black & green olives



blueberries



black elderberries



flaxseed



almonds



red onions

for more information, please visit
www.healthtakesguts.com