
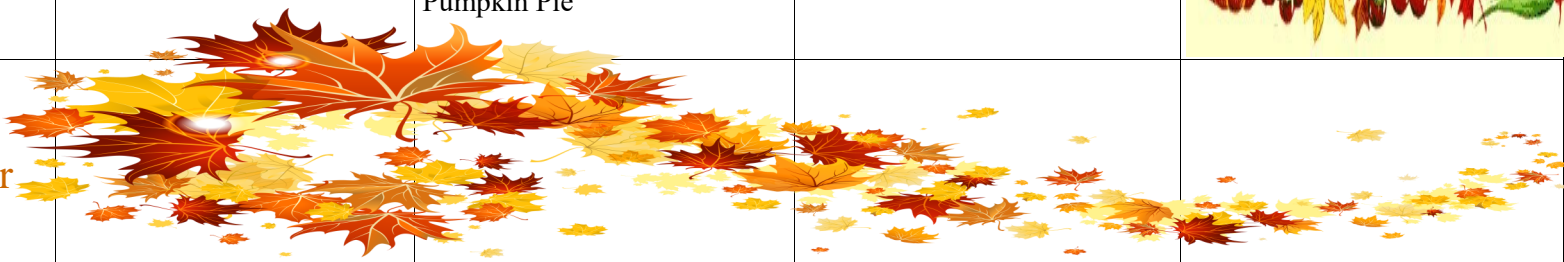
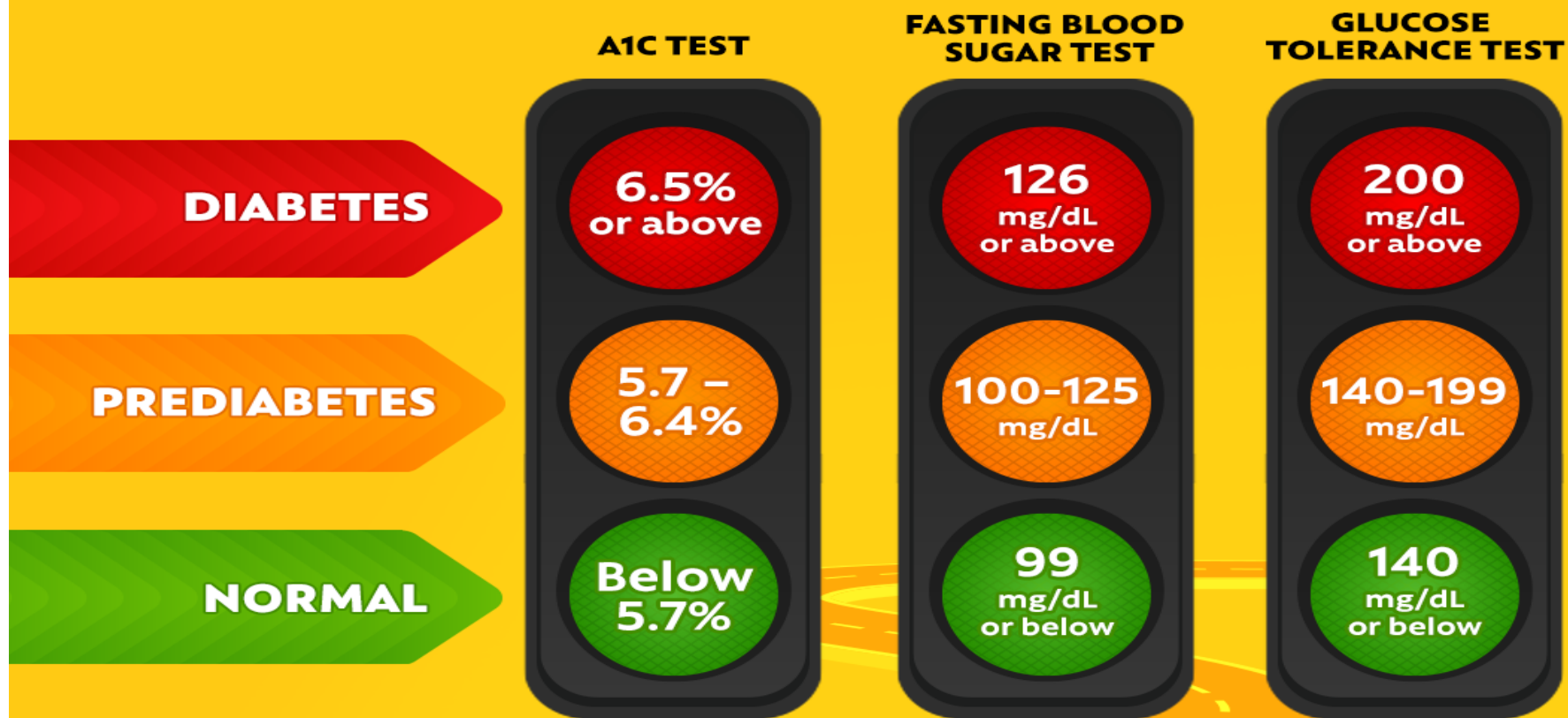


# AMASA NOVEMBER 2024

	Tuesday	Wednesday	Thursday	
<p><b>Amasa Center</b> 906-822-7284</p>	<p><b>5</b> Chicken &amp; Spaghetti Green Beans Breadstick</p>	<p><b>6</b> Deluxe Hamburger Seasoned Potato Wedges Corn on the Cob Pudding Cup</p>	<p><b>7</b> Pepper Steak w/Rice Green Beans Dinner Roll</p>	
<p><b>Take out meals</b> 10:45-11:00</p> <p><b>Dine In 11:30</b></p>	<p><b>12</b> BBQ Chicken Mac N Cheese Corn</p>	<p><b>13</b> Chicken Fettucine Alfredo Broccoli Garlic Bread Stick</p>	<p><b>14</b> Wet Burrito Refired Beans Cornbread</p>	
<p><i>All meals are served with whole milk, or juice &amp; fruit.</i></p>	<p><b>19</b> Mushroom Swiss Burger Oven Baked Fries Baked Mac &amp; Cheese</p>	<p><b>20</b> Creamy Chicken &amp; Gnocchi Soup w/Spinach Grilled Cheese Slider Candied Carrots</p>	<p><b>21</b> Lasagna Green Beans Garlic French Bread</p>	
<p><i>Meals are funded by program income, local millage, OSA &amp; The Area Agency on Aging.</i></p>	<p><b>26</b> Deluxe Chef Salad Cottage Cheese Pineapple Egg Salad Slider</p>	<p><b>27 HOLIDAY MEAL</b> Turkey Mashed Potatoes w/Gravy Green Bean Casserole Dinner Roll Pumpkin Pie</p>	<p><b>28</b> <b>CLOSED</b> <b>HAPPY THANKSGIVING</b></p>	
<p>DICSA 906-774-2256 Ext 235, 230 or 244</p>				

# THE ROAD TO TYPE 2 DIABETES



Source: American Diabetes Association

