


Felch March 2025 Felch Menu

	Monday	Tuesday	Wednesday	
Felch Senior Center 906-246-3559	3 Chop Suey w/ Veggies over Lo Mein Fortune Cookie Fruit	4 Chicken & Dressing Sandwich Chefs Choice Potato Veggies Jello	5 Garlic Parmesan Fish Baked Potato Steamed Carrots Pudding Parfait Biscuit	Serving Time: Salad Bar 11:00 Meal: 11:30
DICSA 774-2256 ext. 235, 244 or 230	10 Salisbury Steak w/ Gravy Mashed Potatoes Veggie Fruit Cup	11 Quick Chicken & Broccoli Stir Fry over Rice Oriental Veggies Fortune Cookie	12 Philly Cheese Sandwich w/ Ground Beef Baked Fries Veggie	<i>Meals are funded by program income, local millage, OSA & The Area Agency on Aging.</i>
	17 Pea Soup Ham Slider Pudding	18 Stuffed Peppers Chefs Choice Potato Biscuit Pudding	19 EVENING MEAL Meatloaf Mashed Potatoes & Gravy Candied Carrots	
<i>Meals are subject to change without notification.</i>	24 Egg, Sausage, Cheese Biscuit Tater Tots Pears	25 Taco Beef & Noodle Skillet Refried Beans Spanish Rice Dinner Roll	26 Baked Chicken Mashed Potatoes & Gravy Veggie Biscuit	
<i>All meals are served with whole milk, or juice and fruit</i>	31 Brats Macaroni & Cheese Potato Wedges Pudding			

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