

APRIL MENU

ESCANABA SENIOR CENTER

Mon

Tue

Wed

Thu

Fri

<p>2 Turkey Ala King over Mashed Potatoes Mixed Vegetables Pineapple Tidbits</p>	<p>3 Beef Stroganoff Noodles Broccoli Coleslaw Fruit</p>	<p>4 Baked Chicken Mashed Potatoes & Gravy California Blend Vegetables Apple Crisp</p>	<p>5 Stuffed Green Peppers Carrots Fruit</p>	<p>6 Chef's Salad Muffin Tropical Fruit Banana Crème Pie</p>
<p>9 Swiss Steak Mashed Potatoes Peas Fruit</p>	<p>10 BBQ Ham Balls Baked Potato Squash Peaches</p>	<p>11 Tahitian Chicken Coconut Rice Monte Carlo Veggies Pineapple Upside Down Cake Mandarin Oranges</p>	<p>12 Boiled Dinner: Ham Potatoes Carrots Cabbage Biscuit Fruit Salad</p>	<p>13 Lasagna Italian Blend Veggies Garden Salad Garlic Bread Fruit</p>
<p>16 Potato Crusted Pollack Sour Cream & Chive Potatoes Green Beans Fruit</p>	<p>17 Chicken Cranberry Wrap Broccoli Salad Fruited Jello</p>	<p>18 Breakfast Egg Bake Juice Danish Fruit</p>	<p>19 Bean & Ham Soup Pickled Bologna Sandwich Side Salad Fruit Cup</p>	<p>20 Sweet and Sour Pork over Rice Oriental Blend Veggies Chinese Coleslaw Mandarin Oranges</p>
<p>23 Tasty Hamburger Casserole Parsley Carrots Fruited Pudding</p>	<p>24 Meatloaf Baked Potato California Blend Veggies Cinnamon Applesauce</p>	<p>25 Roast Beef; Mashed Potatoes & Gravy Key Largo Veg; Choc Peanut Butter Dessert Fruit</p>	<p>26 Pasta with Meat Sauce Caesar's Salad Green & Wax Beans Garlic Bread; Peaches</p>	<p>27 Ring Bologna Boiled Potatoes Creamed Corn Diced Pears</p>
<p>30 Citrus Chicken Breast Mashed Potatoes & Gravy Capri Mix Veggies Tropical Fruit</p>	<div style="border: 2px solid red; padding: 10px; text-align: center;"> <p>Menu is for all our senior centers. Call your senior center with questions/comments.</p> <p>APRIL </p> </div>			

[HOW DO I GET TO THE SENIOR CENTER?](#) [EMAIL THE CENTER](#)

WEEKLY ACTIVITIES: ESCANABA 786-8850

Every Monday, Sit & Be Fit, 11-11:45 a.m.; Line Dancing, 12:45-2:30 p.m.
 Every Tuesday, Bingo, 1-3 p.m.
 Every Wednesday, Line Dancing, 12:45-2:30 p.m.
 Every Thursday, Open Bridge, 10 a.m.; Line Dancing, 12:45-2:30 p.m.
 Every Friday, Sit & Be Fit, 11-11:45 a.m.

OTHER ACTIVITIES:

Foot Clinic, April 2, (call 786-8850 for appointment). Crafts, April 4, 10-noon.
 Blood Pressure Screening, April 17, 11-noon. Stopping Identify Theft, April 17, 11:30 a.m.
 Monthly Food Distribution, April 19, 10-11 a.m. Birthday Party, April 25, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat).