

**AUGUST MENU**

**ESCANABA SENIOR CENTER**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

	<p><b>1</b> Chicken Lasagna Salad; Broccoli Garlic Bread Fruit</p>	<p><b>2</b> Bourbon Steak over Rice Peas Coleslaw Fresh Fruit</p>	<p><b>3</b> Stuffed Green Peppers Mashed Potatoes Italian Blend Vegetables Fruit</p>	<p><b>4</b> Chef's Salad Tropical Fruit Breadsticks Lemon Bar</p>
<p><b>7</b> Brat on Bun Baked Beans Oven Potatoes Watermelon</p>	<p><b>8</b> Pork Chops Mashed Potatoes Key Largo Vegetables Apple Sauce</p>	<p><b>9</b> Beef Steak Fritter with Sauce Baked Potato Cook's Choice Vegetables Fruit</p>	<p><b>10</b> Breaded Chicken Pattie on Bun Cheesy Hashbrowns Green Beans Fruit</p>	<p><b>11</b> Tuna Pasta Salad Fresh Vegetables Peaches Bar</p>
<p><b>14</b> Chicken Breast Sour Cream Potato California Blend Vegetables Fruit</p>	<p><b>15</b> Spaghetti with Meat Sauce Tossed Salad Peas Garlic Bread Fruit Crisp</p>	<p><b>16</b> Cream of Broccoli Soup Mini Sub Copper Penny Salad Fruited Jell-O</p>	<p><b>17</b> Taco Pasta Cold Salad Cornbread Pears Dessert</p>	<p><b>18</b> Ham and Cheese Egg Bake Hashbrowns Muffin Juice Fresh Fruit</p>
<p><b>21</b> Fish Au Gratin Potato Peas and Carrots Fruit</p>	<p><b>22</b> Tasty Hamburger Casserole Green Beans Escaloped Apples</p>	<p><b>23</b> Cranberry-Glazed Pork Roast Vegetable Blend Mashed Potatoes Applesauce Dessert</p>	<p><b>24</b> Cabbage Casserole Carrots Tropical Fruit</p>	<p><b>25</b> Chicken Salad Wrap Fresh Vegetables Fruit</p>
<p><b>28</b> Swiss Steak over Rice Coleslaw Squash Fruit</p>	<p><b>29</b> BBQ Ribs Twice-Baked Potato Monte Carlo Vegetables Grape Dessert</p>	<p><b>30</b> Beef Tips Over Noodles Salad Bacon Ranch Green Beans Fruit Dessert</p>	<p><b>31</b> Tahitian Chicken Boiled Potatoes Cook's Choice Vegetables Fruit Dessert</p>	

**HOW DO I GET TO THE SENIOR CENTER?**

**WEEKLY ACTIVITIES:** **ESCANABA** 786-8850

Every Monday, Sit & Be Fit, 11-11:45 a.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, Wii Club, 10-noon; Sit & Be Fit, 11-11:45 a.m.

**OTHER ACTIVITIES:**

Foot Clinic, Aug. 7, (call 786-8850 for appointment). **Blood Pressure Screening**, Aug. 8, 11-noon. **Crafts**, Aug. 9, 10-noon. **Summer Picnic**, Aug. 11, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat). **Birthday Party**, Aug. 23, gather 11:30 a.m., lunch noon (call 786-8850 at least one day prior to reserve a seat).

**AARP Smart Drive**, Aug. 30-31, 10 a.m. to 3 p.m.